

Curriculum Cue

Video/CD Title: 0301G The Gift In You – Neural-Plasticity Exercise Discussion
Disc Start Time: 00:00

Author: Dr. Caroline Leaf
Disc End Time: 00:00

Introduction:

You've just spent the last 21 days rewiring your brain as it concerns some hurtful event from your past. Prior to this journey to healing and freedom, you've learned about your God-given greatness through your personality by Dr. Rohm and Tim Marks, neural-plasticity from Dr. Leaf, how our frame of thought can be bent, and the value of beta blockers in reducing the effects of wounding events on memory. From your Neural-Plasticity Exercise Journal, share your answers to the following questions. Look for opportunities to help one another drill down to the roots of any issues that have not yet been fully addressed.

Drill Down 1:

1. How have your everyday thoughts changed?
2. How has your outlook on life changed?
3. What personality weaknesses have you noticed fading in your life?
4. What personality strength have you noticed blossoming in your life?

Post Class Instructions: Continue using The 5 Steps of Neural-Plasticity to address other hurtful events from your past. These same five steps can be used to convert toxic thought patterns (habits) into healthy ones.

Curriculum Cue Class Participation Checklist

Facilitator: _____ Date: _____ OSM Signature: _____

Check here if first time to facilitate.

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Attendee	I	1. √	2. √	3. √	Attendee	I	1. √	2. √	3. √
					Absent				

	Drill Down Attendee	Pivot Point (Point of Repentance)
1.		
2.		
3.		

Place a check mark √ in the “I” column for each attendee who offered input into the discussion.
Place a check mark √ next to attendee only if he assists in drill down. Each column represents one drill down.