

7-DAY WORKSHOP GUIDE FOR MODULE 2

DAY 1

INTRODUCTION & REFLECTION

- Read Module 2 Overview and review the objectives.
- Journal Prompt: Write about your expectations for the module and what you hope to gain from it.
- Reflect on how the parts of Module 2 apply to you.
- Identify any habits that are holding you back or no longer serving you, and consider their impact on your life.

UNDERSTANDING BRAIN PLASTICITY

- Do Module 2 - Part 1, take notes on the key concepts and ideas presented, and do the Quiz and Practice Exercise 3
- Spend time reflecting on the concept of brain plasticity and the brain's capacity for change.
- Explore the underlying beliefs and motivations driving your current habits, and assess if they align with your values and aspirations.

DAY 2

EXPLORING THE BENEFITS OF BP

- Review the implications of brain plasticity and reflect on what resonates with you.
- Reflect on the habits you engage in regularly and how they contribute to your well-being and happiness.
- Reflect on Part 1 information and how it has changed your view and limiting beliefs where change is concerned.

DAY 3

BUILDING POWERING HABITS

- Do Module 2 - Part 2, take notes and complete the quiz, and Practice Exercise 4.
- Reflect on how you can deepen your self-awareness practice.
- What techniques will you use to align your habits with your goals?
- Choose three specific habits that you want to build or change.
- Start a habit-tracking record/journal or use an app to track your new habits.

DAY 4

RESEARCH AND CREATE A PLAN

- Develop a detailed plan for implementing each habit using the techniques mentioned in Module 2 - Part 2.
- Use the SMART method (Specific, Measurable, Achievable, Relevant, and Time-Bound) to make realistic goals.
- Begin implementing your new habits gradually, starting with small, manageable steps.

DAY 5

SEEK SUPPORT AND GUIDANCE

- Consider seeking support from a friend, family member, or mentor who can serve as an accountability partner throughout your habit-building journey.
- Engage in activities that stimulate mental and cognitive function, such as puzzles or learning a new skill, to support brain plasticity.

DAY 6

RECAP AND NEXT STEPS

- Review the key concepts and lessons learned from Module 2.
- Reflect on how your perspective on the ability to reprogram your mind has evolved throughout the module.
- Stay mindful of any challenges or obstacles that arise and find ways to overcome them.
- Consider any adjustments or modifications you need to make to your plan to ensure continued progress.

DAY 7