

Rewiring Your Brain

Watch the video in The Learner's Lab or at: rll.bz/neuroplasticity

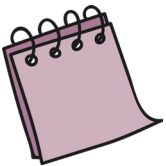


1. What did you learn in this video?

2. How can you use this new information to be more optimistic?



3. Try rewiring your own brain to be more optimistic: Every night, write down one great thing you noticed about the day.



One Great Thing

For the next 9 nights, think of one positive thing that happened each day.

