



Mindset Reflection

The following reflections go with the short interactive video
“Why Changing Your Mindset Works”

- What was the last thing you learned on purpose?
- As a review, jot down what you now know about how your brain forms a new neuron or neural network.
- When have you ever decided to try to change your mindset, but found it difficult?
- Describe what makes it hard to change a person's mindset?
- Now that you know more about how changing your mindset works in your brain, what will you do with this knowledge?

