



Every Saturday 4 p.m. • Everyone welcome
 This is a Sober Event • Encouraging Sobriety
 Grand Ronde Road, Grand Ronde, Oregon
 Toward Spirit Mountain
 At the Big Cross - Lighthouse Church • A-Ho-
 503-879-3435

Neuroplasticity

the science behind growth mindset



We think **60,000-80,000** thoughts every day



80% NEGATIVE **95%** REPETITIVE

Our brains are composed of **86 MILLION** neurons **CONSTANTLY** firing

STUCK IN A NEGATIVE PATTERN?

Every time you have the same thought, you increase the chances of having it again!

BUT THERE'S

Good News!

WE CAN REWIRE OUR BRAINS



the pathways are like grooves

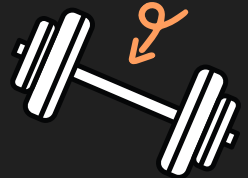
Habitual thoughts form **NEURAL PATHWAYS**



continue doing this to deepen the new grooves

Choosing positive thoughts can create new pathways

just like exercise



It takes practice and daily commitment

WEST VALLEY FIRE BOARD

✓ **CHRIS GREENHILL**

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