

# **Neuroplasticity and Opening the Door to Hope**

**The Following Power Point Presentation can be used as a Keynote Presentation or in a Workshop Setting.**

**You may contact Mr. Phillips to schedule him to offer this power point presentation at your conference.**

**He looks forward to being of service to you.**

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# Neuroplasticity, Muscle Memory, Coordination and Creating Hope



- According to MedicineNet.com definition, “neuroplasticity is the brains ability to recognize itself by forming new neural connections through out life.
- Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or changes in their environment.”
- Neuroplasticity or engaging in repetitive mirrored movements using both sides of our body gives our brain the ability to create new neural pathways and engage in a process of brain reorganization.

# Baking Cakes and Eating Elephants



- Living life and achieving goals can be likened to baking a cake. Baking a cake one ingredient at a time, by combining acquired ingredients.
- Living life and achieving goals can be likened to eating an elephant. Eating an elephant one bite at a time through deciding to keep “chewing”.
- Living life and achieving goals can be likened to learning one skill at a time. Learning skills and skill sets in combination through repetition.

# Training Camps, Winning in Life and a Commitment to Process

- Training camps prepare and give you and I the ability achieve new skills and abilities.
- Life experiences provide many training camps. How we succeed in life is determined by how we respond to those training camps.
- And as with any training camp, those who participate in the camp must dedicate themselves to the activities of the camp.



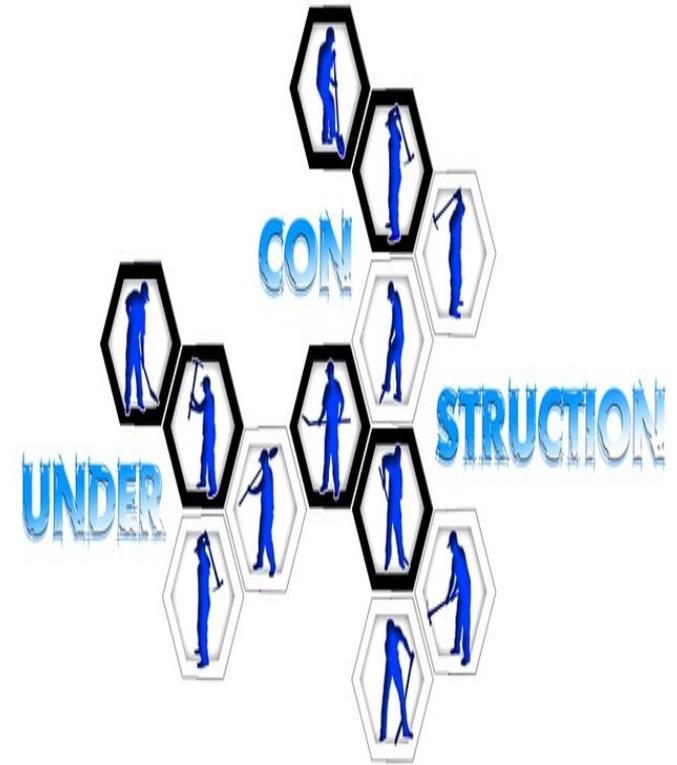
## Defining the Basics of a Training Camp

- When the individual makes the decision to persevere in the face of discouragement and setbacks, character is formed in the individual.
- Character empowers the process. Character enables the individual to grow and develop in ways that once seemed to be out of their reach.
- Character is established on a foundation of humility. Apart from humility, progress will be eclipsed by arrogance, that interrupts learning.
- Arrogance interrupts progress as the individual becomes resistant to learning. Arrogance, in effect, closes the eyes and ears of the participant.



# Ingredients of a Training Camp – Hard work or Work-ethic

- **Hard work means being diligent, to accomplish a task or a goal. Hard work or a work-ethic can be likened to running a marathon, not running a sprint.**
- **“If you advance confidently in the direction of your dreams and endeavor to live the life that you have imagined...you will meet with a success unexpected in common hours.” Henry David Thoreau**
- **Article: A Word of Encouragement – Keep Swinging at the Fences**



## Ingredients of a Training Camp – Commitment

- **“a willingness to give your time and energy to something that you believe in, or a promise or firm decision to do something”  
Cambridge Dictionaries online**
- **Commitment involves loyalty, first to myself. Commitment encourages me to stick with a goal, regardless.**
- **Although the way that I set out to accomplish some thing may change, my commitment teaches me that I can find a way that will work for me to be able to accomplish my goal.**
- **Article: When Circumstances change our plans**



# Ingredients of a Training Camp – Determination



- “is a positive emotion that involves persevering towards a difficult goal in spite of obstacles.[1][2] Determination occurs prior to goal attainment and serves to motivate behavior that will help achieve one’s goal.” Wikipedia
- Determination helps me to focus on what I want to accomplish, in spite of obstacles and setbacks.
- Obstacles become a sign on the road that helps me to realize that adjustments need to be made to accomplish my desired goal (s).
- Article: Experiencing Adversity, Failures, Setbacks and Not Giving Up!

## Ingredients of a Training Camp – Drive

- “There are three major components to motivation: activation, persistence, and intensity. Activation involves the decision to initiate a behavior...
- Persistence is the continued effort toward a goal even though obstacles may exist...Finally, intensity can be seen in the concentration and vigor that goes into pursuing a goal.” About Education — What is Motivation
- Motivation can either be external or internal. External motivation only last until the threat is removed. Internal motivation is sustainable because of the individual’s internal desire to achieve.
- Article: Don’t Give Up — Your Life Matters!



## Ingredients of a Training Camp – Discipline



- “training to act in accordance with rules; drill, activity, exercise, or a regimen that develops or improves a skill, the rigor or training effect of experience,adversity”Dictionary.com
- For me, discipline means that I keep working on my craft, tweaking and taking away; adding to and making what works, work for me.
- “Discipline is the bridge between goals and accomplishment.” Jim Rohn
- Article: Neuroplasticity, Small Successes and Learning / Relearning Skill Sets

## Ingredients of a Training Camp – Fortitude

- **“Fortitude meaning courage or bravery is the ability and willingness to confront fear, pain, danger, uncertainty, or intimidation.” Wikipedia**
- **For me fortitude means that I commit to pursuing my dreams and my destiny. That I stay focused on my vision and mission. That I remain true to myself.**
- **“Fortitude is the marshal of thought, the armor of the will, and the fort of reason.” Francis Bacon**
- **article: Having the Courage to be Me**



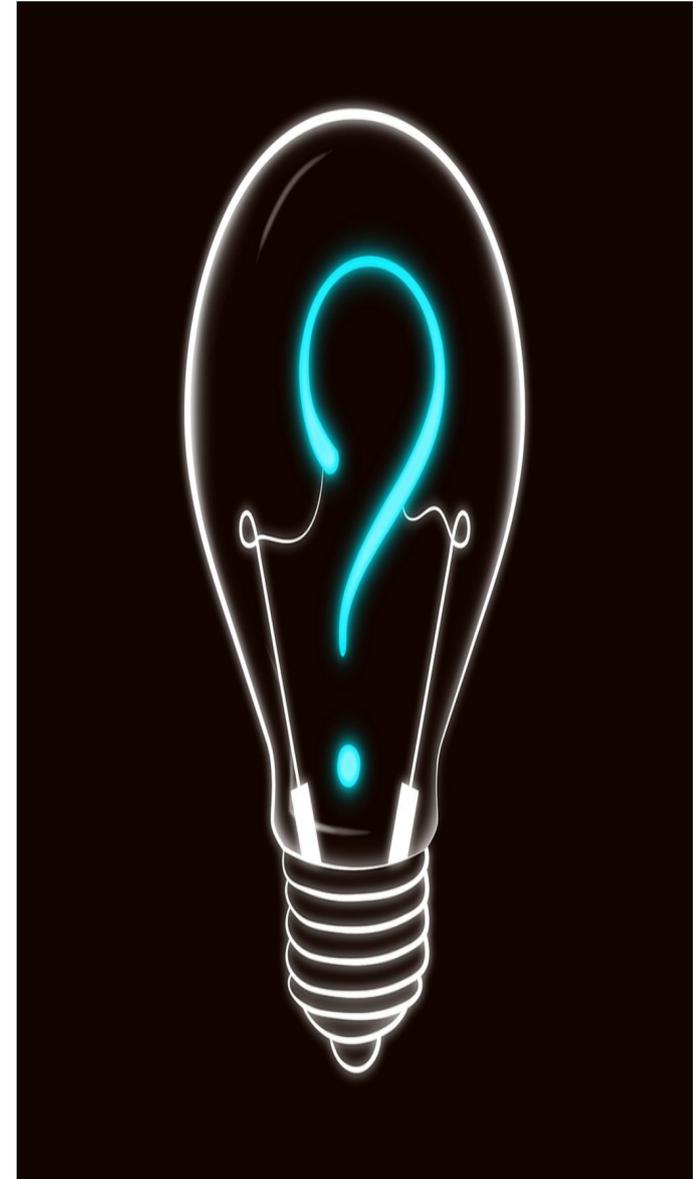
# Ingredients of a Training Camp – Persistence



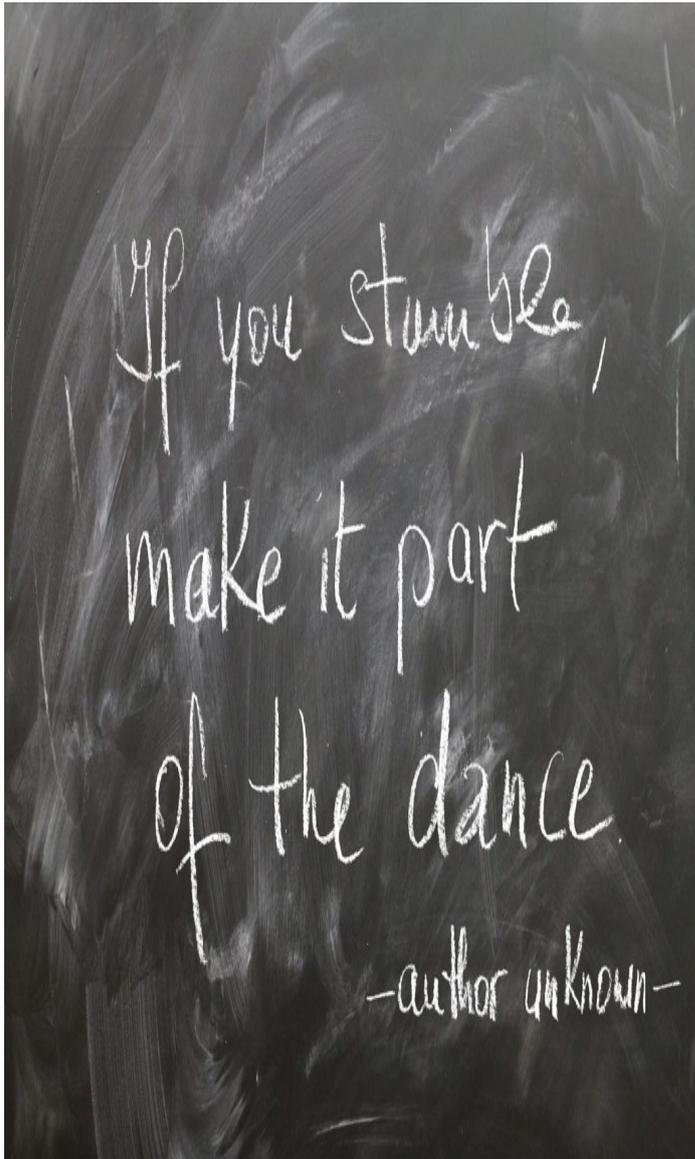
- **“the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people” Merriam-Webster**
- **For me persistence is the decision to get up more times than I fall down. Persistence for me means that I don’t give up regardless... Persistence means believing in myself.**
- **“Persistence and resilience only come from having been given the chance to work through difficult problems.” Gever Tulley**
- **Article: Answering the Call that Never Came**

## Ingredients of a Training Camp – Tenacity

- “an unwillingness to yield or give up, being dogged, stubbornly, persevering and steadfast” Wiktionary
- Tenacity keeps me moving toward what I want to accomplish in my life. Tenacity means that I keep looking for ways to win in life. Tenacity means that I do not give myself no for an answer.
- Tenacity means that I trust the process, a loving God and myself. Tenacity means that I keep moving forward, do the footwork and let go.
- “It’s not that I’m so smart, it’s just that I stay with problems longer.” Albert Einstein
- [article: Detailed About Page](#)



## Ingredients of a Training Camp – Courage



- **“The state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with self-possession, confidence, and resolution; bravery.” The Free Dictionary**
- **Courage to me means I stay committed to the process, the footwork and the journey. Courage helps me to remember that I do not have to do things perfectly.**
- **“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma – which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.” Steve Jobs**

# My Process, Use and Journey with Neuroplasticity



- Little by little I have been able to achieve in my body what I never before dreamed possible. I have done so by learning one skill at a time through a engaging in bazillion drills.
- Once I have learned that skill, I work on developing another skill through another bazillion drills. I then work to combine both skills into a skill set.
- I then repeat the process by learning new skills and skill sets. By combining skills and skill sets through a bazillion repetitions I become more proficient in my abilities and capabilities.
- In the process I create hope in my life.

## My use of Neuroplasticity in 2013, 2014, 2015, 2016 and 2017



- As you scroll down the power point presentation, slides 17 through 21 have picture. Click on each picture the presentation will play for you.
- The 2013 and 2017 presentations are each close to 5 minutes long. The 2014, 2015 and 2016 presentations are each 2-3 minutes.
- The 2013 presentation was shown during my keynote presentation at the 2013 Southwest Conference on Disability in Albuquerque.
- The 2016 presentation was made in a racket ball quart at the Y as the sun /clouds passed outside which caused the changes in brightness.

## My Use of Neuroplasticity – 2013

Click on the Picture to Play the Video Presentation on YouTube



## My Use of Neuroplasticity – 2014

Click on the Picture to Play the Video Presentation on YouTube



## My Use of Neuroplasticity – 2015

Click on the Picture to Play the Video Presentation on YouTube



# My Use of Neuroplasticity – 2016

Click on the Picture to Play the Video Presentation on YouTube

