

Nine Habits to Benefit from Using the Principle of Neuroplasticity Discussion Topic

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I created a video presentation of this article to share the information with individuals who learn through watching and listening. To watch and listen to the video presentation of the article, click on this link:

[Nine Habits to Benefit from Using Neuroplasticity Video Presentation](#)

Below are 9 habits that have benefited me in the creation of new neural pathways and brain re-organization. Habits that have helped me to create hope in my life through repetitive mirrored movements. Habits that have improved my well-being and quality of life by applying the principle of neuroplasticity.

Neuroplasticity — MedicineNet.com

“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 to changes in their environment. Brain reorganization takes place by mechanisms such as “axonal sprouting” in which undamaged axons grow new nerve endings to reconnect neurons whose links were injured or severed. Undamaged axons can also sprout nerve endings and connect with other undamaged nerve cells, forming new neural pathways to accomplish a needed function.”

To illustrate these habits, I have included a definition, my perspective, a quote and a link to an article to further share my perspective.

Hard work or Work-ethic (Industrious)

“Working energetically and devotedly; hard-working; diligent.”
Dictionary.com

Hard work for me means being diligent, to accomplish a task or a goal that is set before me; with focus. Hard work involves sticking with a project or a goal by continuing to do the footwork to achieve the desired outcome. For me, hard work does not mean running a sprint

but involves running a marathon; which requires consistent and ongoing effort.

“Without hard work, nothing grows but weeds.” Gordon B. Hinckley

article link:

[A Word of Encouragement – Keep Swinging at the Fences](#)

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](#)**

For me commitment involves loyalty, first to myself; to stick with a goal, regardless... Commitment communicates to me to remain undeterred from what I set out to accomplish. Although the way that I set out to accomplish something may change, my commitment teaches me that I can find a way that will work for me to be able to accomplish my goal.

“Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along which comes the inner voice which says, ‘This is the real me’ and when you have found that attitude, follow it.” James Trusdale Adams

Article link:

[When Circumstances Change Our Plans](#)

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). Determination teaches me to not give

up in spite of apparent obstacles and setbacks because I know that more will be revealed in time.

“I will prepare and someday my chance will come.” Abraham Lincoln

Article link:

[Experiencing Adversity, Failures, Setbacks and Not Giving Up!](#)

Drive or Motivation

“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. Being externally driven will only last until the threat is removed. Being internally motivated or driven, on the other hand; is sustainable because of the individual’s internal desire to achieve the skill, skill set or goal. Drive encourages me to stick with the process and keep learning from my circumstances, my experiences and my opportunities.

“If you advance confidently in the direction of your dreams and endeavor to live the life that you imagined, you will meet with a success unexpected in common hours.” Henry David Thoreau

Article link:

[Don’t Give Up — Your Life Matters!](#)

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 and making the decision to follow through to condition myself to achieving an end. Discipline means that I do not

give up on the process as I keep my eye on the goal. Whatever the goal may be at the time. Discipline involves progress, not perfection.

“Discipline is the bridge between goals and accomplishment.” Jim Rohn

article link

[Neuroplasticity, Small Successes, and Learning / Relearning Skill Sets](#)

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, my vision and mission in the face of being minimized, marginalized, dismissed and discounted. Fortitude means that I remain true to myself, regardless of whether anyone else “gets it” or understand me. Fortitude means that I stay committed to my goals, whatever they may be at the time. To thine own self be true.

“Fortitude is the marshal of thought, the armor of the will, and the fort of reason.” Francis Bacon

article link

[Having the Courage to be Me](#)

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...Giving up simply is not an option. Persistence means believing in myself.

“Persistence and resilience only come from having been given the chance to work through difficult problems.” Gever Tulley

article link

[Answering the Call that Never Came](#)

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 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.

“It’s not that I’m so smart, it’s just that I stay with problems longer.” Albert Einstein

article link

[Detailed About Page](#)

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. Courage reminds me that I can pursue excellence, instead of perfection. Courage reminds me that with all learning, there is a learning curve. Courage reminds me to stay committed to my mission and vision. Courage gives me hope.

“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

article link

[More than a Survivor](#)

“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.” Bruce Lee

“Research your own experience. Absorb what is useful, Reject what is useless. And add specifically what is your own creation.” Bruce Lee

The Goal — Being a Work in Progress

The goal has been to improve my ability to mirror the same abilities on both the non-dominant side (left side) of my body with the dominant side (right side) of my body. As in the below demonstrations, I engage both sides of my body (my hands, arms, elbows, legs, knees, and feet).

I engage both sides of my body to improve my gross, fine motor skills and muscle memory. I engage both sides of my body to improve my dexterity, hand-eye coordination, agility, balance, stamina, precision, focus and awareness. I engage both sides of my body to improve my skills and abilities.

I engage both sides of my body to improve and enhance the quality of my life and well-being. I engage both sides of my brain and my body to create.

Create Your Own Program

In the event that you have not begun, I would encourage you to create a program. Create a program that will empower you to create neural pathways and brain reorganization. Brain reorganization through repetitive mirrored movements on your dominant and non-dominant sides of your body. Brain reorganization to improve and enhance your quality of life and well-being.

[How I use these principles to create new neural pathways and brain re-organization.](#)