



# My Healing Program

## Envisaging your Future

### Surrender

There is good news!

The brain can reset or rewire feelings and thoughts, to:

- Feel more optimistic, more hopeful, and more confident
- Enhance your ability and aptitude to offer options and alternatives for challenges and desired outcomes; resolution finding
- Be more resilient, allowing you to bounce back immediately from disappointment

**How?** Good question, here is the answer.

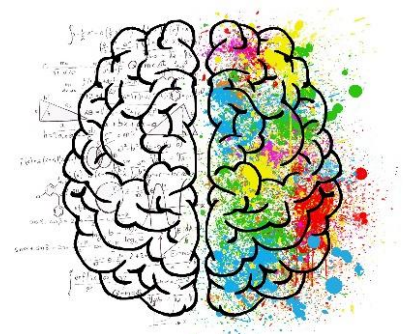
### 1. The definition of neuroplasticity

**Neuroplasticity** is the brain's ability to reorganize itself by forming new neural connections throughout 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 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.

For example, if one hemisphere of the brain is damaged, the intact hemisphere may take over some of its functions. The brain compensates for damage in effect, by reorganizing and forming new connections between intact neurons. To reconnect, the neurons need to be stimulated through activity.

Neuroplasticity sometimes may also contribute to impairment. For example, people who are deaf may suffer from a continual ringing in their ears (tinnitus), the result of the rewiring of brain cells starved for sound. ***For neurons to form beneficial connections, they must be correctly stimulated.*** Neuroplasticity is also called brain plasticity or brain malleability.



**By resetting your mind, you will be inspired to act:**

- With clarity and confidence
- Decisively
- With direction, and
- With focus

## **2. My vision for my future**

**Start with 3 things you would like to change about your life right now, starting with your highest priority first:**

- a) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- c) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

We begin with the **RESET** activity:

**R**eality check

**E**xplain why the change is required

**S**pecify in detail what you want to change

**E**nvisage your results – what do they look like?

**T**ake the first step and subsequent actions to achieve the required outcome/s

Go through each of the three priorities and complete the **RESET** exercise for each. There is no right or wrong answer so write down what comes to mind. We will do the first activity together and the other two you can do in your own time. We will review the responses in the next session.

### **2.1 Start with the priority listed in a):**

**Reality Check** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Explain why the change is required** \_\_\_\_\_  
\_\_\_\_\_

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**Specify in detail what it is you want to change** \_\_\_\_\_

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**Envisage your results – what do they look like?** \_\_\_\_\_

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**Take action – note the steps you will take to attain the desired outcome/s:** \_\_\_\_\_

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**2.2 Move on to the priority listed in b) :**

**Reality Check** \_\_\_\_\_

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**Explain why the change is required** \_\_\_\_\_

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**Specify in detail what it is you want to change** \_\_\_\_\_

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**Envisage your results – what do they look like?** \_\_\_\_\_

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**Take action – note the steps you will take to attain the desired outcome/s:** \_\_\_\_\_

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**2.3. Let us start with the priority listed above in c) :**

**Reality Check** \_\_\_\_\_

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Explain why the change is required \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Specify in detail what it is you want to change \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Envisage your results and how you will attain them \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Take action – note the steps you will take to attain the desired outcome/s: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 3. Envisaging your future

You need to complete a vision statement for your life. For this we need to help you find your purpose, if you do not know what that is yet. If you feel you do, please do the exercise anyway as validation that your chosen purpose is correct.

Remember, this is your life, no-one else's. You have this life to accomplish what you want to out of it, not to achieve what someone else wants you to achieve, to do what you want to do, not what someone else wants you to do, to live your life the way you want to live it, not the way someone else wants you to live it.

**The most important things here is that it is YOUR life.** You make the choices, but, you must be willing to live by the principles you have chosen, and to live with the consequences of your actions or non-actions in your life. **You are therefore, the one who is responsible for your life.**

Here is a diagram, known as a **Venn diagram**, which will assist you in formulating your vision statement. Venn diagrams were conceived around 1880 by John Venn and are used to teach elementary **Set Theory**, as well as illustrate simple set relationships in probability, logic, statistics, linguistics, and computer science. In this case, we use it to help you find your purpose in life.

## HOW TO FIND YOUR PURPOSE



**3.1 Answer the below questions. There are no right or wrong answers. Do not answer what you think you should, or what you think the coach wants to hear. Be honest, no-one will judge you. Here are a few prompts that may assist you.**

**a) What makes you get out of bed every day?**

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**b) What drives you to do specific things you do?**

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**c) What gives you a sense of satisfaction, a reason to feel good about yourself?**

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**d) What environment would you prefer to be in?** Indoors, outdoors, at an office, at your home, or elsewhere? Noisy, quiet, energetic, peaceful?

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**e) Do you prefer to work with people, alone, or on the periphery of a team?**

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f) Practical, technical, physical work or administrative?

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**3.2 Combine/ summarize your answers into a practical combination to consolidate them into your purpose**

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For your interest, here is a more complex Venn diagram that may be of assistance to show even more areas of consolidation in finding your purpose.

