

Class 1 - The Essence of Positive Neuroplasticity

- Each day, be aware of the three ways to engage the mind: *letting be*, *letting go*, and *letting in*.
- Notice the *negativity bias* in yourself or others, such as an over-focus on what's unpleasant and under-focus on what's pleasant.
- Enjoy experiences of physical pleasure, such as pleasant sights, sounds, tastes, touches, and smells. Turn these mental *states* into beneficial neural traits through the three steps of taking in the good: *have* a positive experience (notice one that is already present or create one), *extend* it (help it be embodied, lasting, and more intense), and *absorb* it (intend and sense that it is sinking into you).
- In the columns below, mark each day that you did the practice. (You can add marks if you did it more than once.)

	Be aware of letting be, letting go, and letting in	Notice the negativity bias	Have a physical pleasure	Enrich this beneficial experience	Absorb this beneficial experience
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					