Welcome to the February Life-changing Leadership Blast. This month's topic is on neuroplasticity and how the brain creates neural connections based on our experiences and, more importantly, the emotions that flow through our body. We really encourage leaders to consider looking at what their gifts and strengths are and the thoughts they have through past experience but also looking at some of the things that they may not have that they may want to increase or improve on. What we want to understand about the human being is that we are dynamic beings that, based on our experiences and our thoughts, we have emotions connected to those and as the emotions create hormones that flow through our body, we actually create neural connections in our brain that then become more easily accessible. It's kind of like well-traveled highways. When we want to learn something new, we have to make a conscious choice that we're going to invoke those experiences but most importantly, the emotions and hormones that are created through those emotions, so that we create new connections or new highways in our brain; new neural connections. When we stop using ones that don't serve us very well, what we know through neuroplasticity is that those neurons will then prune away and they will not be as accessible. New ones that serve us really well, the more you use them, the more we create those emotions, the more we have neuro-connections that then allows us to access them more easily. Interesting stuff! We encourage you to consider what would you like to let go of and what would you start to like doing differently? Have a fabulous month, until next time!