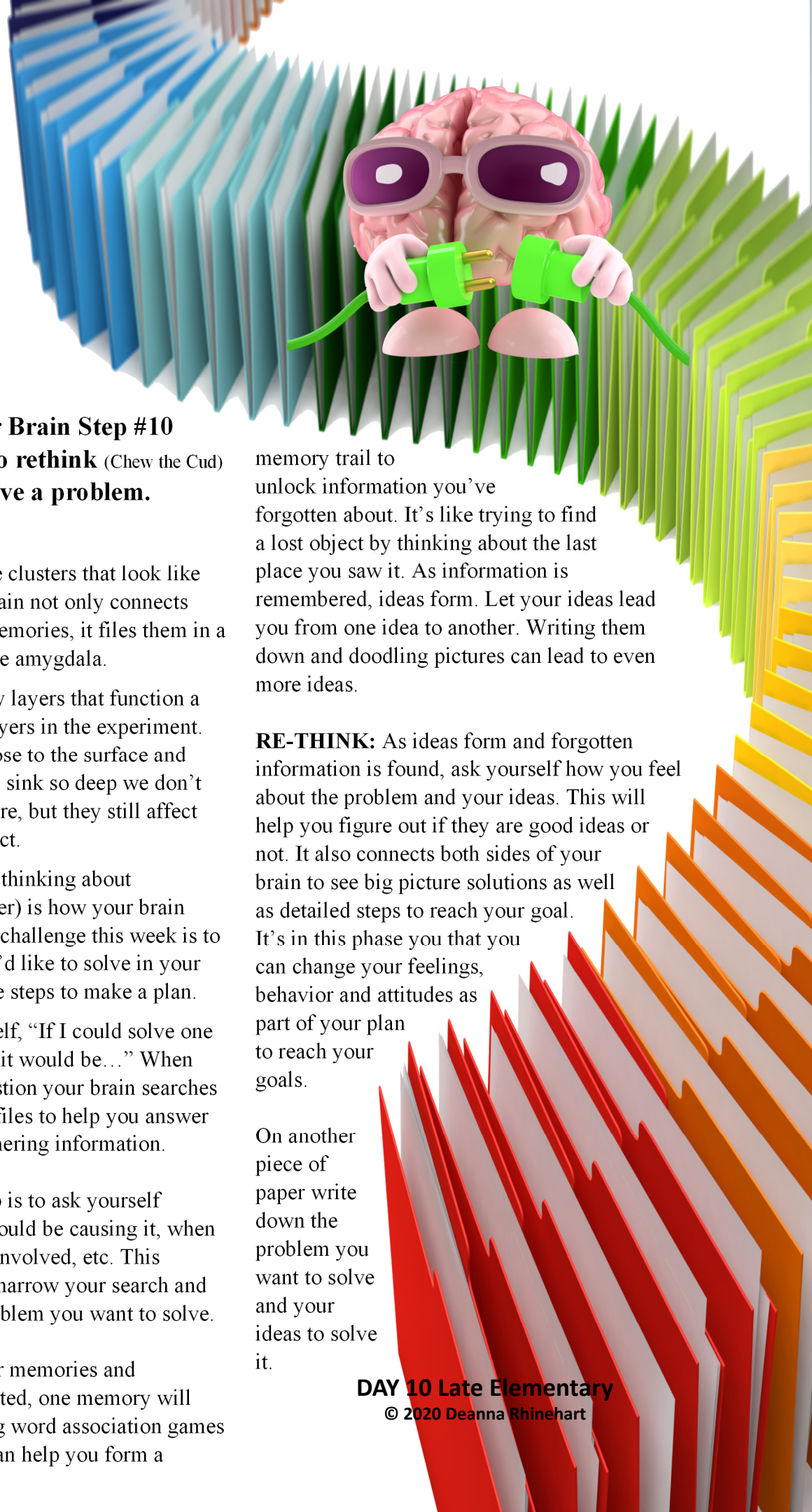


# LEADERSHIP CHALLENGE



## How to Train Your Brain Step #10

**Train your brain to rethink** (Chew the Cud)  
**Challenge #10: Solve a problem.**

Remember the dendrite clusters that look like tree branches? Your brain not only connects similar thoughts and memories, it files them in a memory vault called the amygdala.

Your brain has memory layers that function a little like the density layers in the experiment. Some memories are close to the surface and easily retrieved. Others sink so deep we don't even know they are there, but they still affect the way we think and act.

“Chewing the cud” (or thinking about something over and over) is how your brain solves problems. Your challenge this week is to identify a problem you'd like to solve in your school and follow these steps to make a plan.

**GATHER:** Ask yourself, “If I could solve one problem in our school, it would be...” When you ask yourself a question your brain searches through your memory files to help you answer it. This is a way of gathering information.

**FOCUS:** The next step is to ask yourself questions about what could be causing it, when does it happen, who's involved, etc. This information helps you narrow your search and stay focused on the problem you want to solve.

**WRITE:** Because your memories and information are connected, one memory will lead to another. Playing word association games and asking questions can help you form a

memory trail to unlock information you've forgotten about. It's like trying to find a lost object by thinking about the last place you saw it. As information is remembered, ideas form. Let your ideas lead you from one idea to another. Writing them down and doodling pictures can lead to even more ideas.

**RE-THINK:** As ideas form and forgotten information is found, ask yourself how you feel about the problem and your ideas. This will help you figure out if they are good ideas or not. It also connects both sides of your brain to see big picture solutions as well as detailed steps to reach your goal. It's in this phase you that you can change your feelings, behavior and attitudes as part of your plan to reach your goals.

On another piece of paper write down the problem you want to solve and your ideas to solve it.