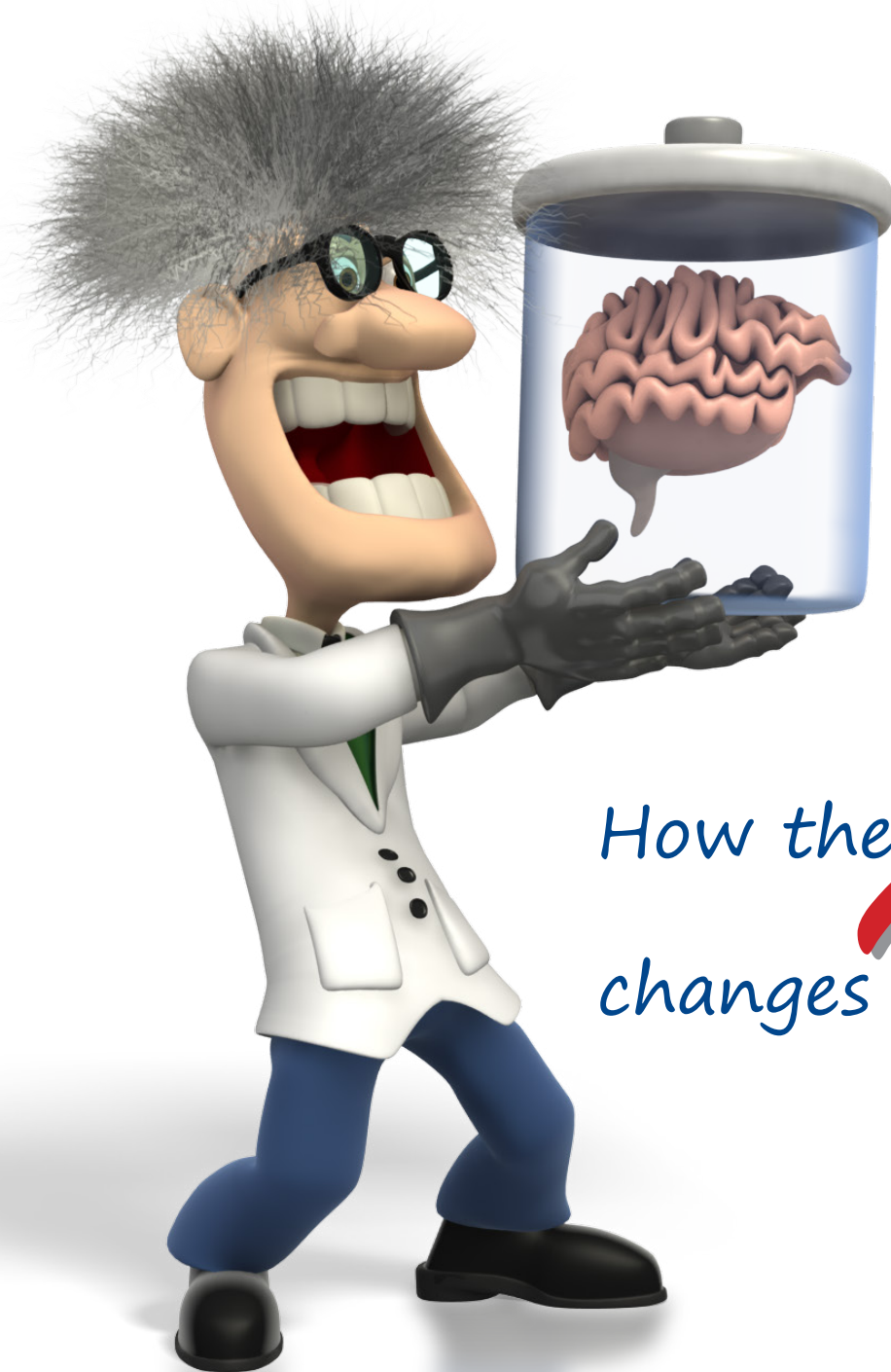


RESISTANCE IS FUTILE



How the ~~X~~ Factor
changes everything!

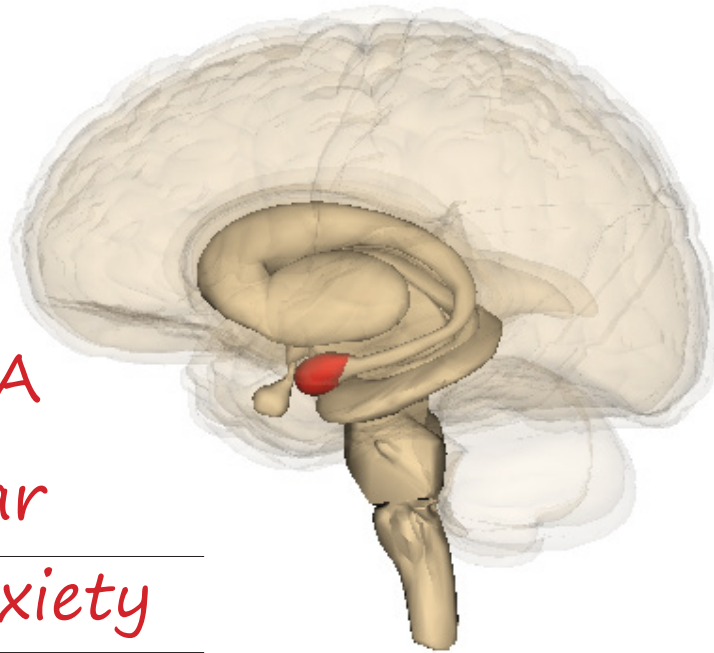

centrepointe

mark reardon
chief leading and learning guy



HIPPOCAMPUS

j joy
e excitement
a anticipation
p pleasure
n novelty



AMYGDALA

f fear
a anxiety
s stress
t threat



the X Factor phenomenon



X experience shapes our **M** mindset which shapes our **E** expression

MAKING IT MINE

What **E** expression is congruent with the desired result?

words _____

actions _____

physiology _____

What **M** mindset is shaping those words, actions, and physiology?

beliefs _____

attitudes _____

perceptions _____

mental models _____

What **X** experience is shaping those beliefs, attitudes, and perceptions?

events _____

activities _____

endeavors _____

accomplishments _____



strategies

social-emotional

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

cognitive

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____