

# PATHway

There are around 100 billion neurons in the human adult brain. The gaps between neurons are called synapses. By adulthood there are between 100-500 trillion synapses. "Learning" occurs when a neuron's electrical energy extends across the synapse and connects with another neuron. As humans, we form and develop neural connections/pathways due to our experiences and interpretations of those experiences. Therefore, the skills, attitudes and mindsets we practice over and over are the ones that we develop and strengthen, essentially making us who we are on a neurological level. Neuroplasticity demonstrates how the brain continues to grow, change and form new neural connections throughout our life. Therefore, we can learn and develop skills, attitudes and mindsets throughout our lifetime. With set intention, effort, relationships and reflection we can develop the skills and mindsets our choosing. The PATHway is a framework/template purposed for guiding this development.

## Purpose

- Why is this important to me?
- How does this highlight and develop my best self and/or serve my community?

## Assets

- What are my existing strengths (knowledge, skills, and attitudes) I can utilize?
  - How/Where/When can I apply them?
- What relationships will be helpful and supportive?
- What resources can I access?
- What knowledge skills and attitudes will be helpful to learn and seek out?

## Time

- What is the set timeframe?
  - What are my checkpoint dates?
  - These are the dates set for reflection (*How's it going*)

## How's it going?

- Describe efforts in creating my PATHway?
- What is going well and how can it continue to well?
- What within my scope of influence could be helpful?
- What's been challenging and what strategies can be used?

