

Changing The Inner Map From The Outside In

This Action Point is about how you - with your family - can start making real world databases that support your child's mental process of creating inner databases.

Talk to your family - or figure out with your partner which of the following strategies that you might be able to implement and be consistent about - or come up with your own if that's better. Set timers and visual reminders to actually do it. Every day!

- Take turn over dinner so that every one gets to tell the family about three things that made the day good.
- Take turn over dinner so that every one gets to tell the family about three things that made them proud today.
- Take turn over dinner so that every one gets to tell the family about three things that went wrong and what you learned from it. This is an advanced process and should probably only start after having had success with the purely positive perspectives for some time, - and with older kids and teens.
- Recollect positive memories from the day right before bedtime when the mind is better at creating long term learning.
- Create a special wall or board where you share your stories, put up drawings maybe, write words, share photos of things that makes you happy, proud and positive. Go through them once a week to see what that does to you all. Maybe pick your favorite ones every week or month.

These all have the effect of accumulating prized memories. That's the effect we want in the real world, so the subconscious mind picks it up as a mental strategy as well.

Thank them for playing along!