



## Resource Sheet

### Mental Processing and Learning Exercise Pathways

#### What is Mental Based Processing Exercising?

Mental based processing exercises allow your participants brain's to hook onto new ideas, cognitive awarenesses and solutions. These types of exercises are what help participants articulate in words what their desires, needs, fears, and next steps are.

When you are in Mental Processing Mode as a Teacher or Facilitator, this is when you are:

- Presenting Information (Think about Traditional Teaching/Speaking)
- Journaling Exercises
- Brainstorming Exercises
- Mind mapping
- Strategizing
- Etc

Ok, so let's use an example "step" of your Methodology to Look at Different Ways to utilize Mental Based Processing Exercises. The Methodology Step: Let's Say Overarching Retreat Topic is about Creating Better Relationships in Your Life and Work, and one of the steps is: "Find Your Communication Style".

#### Define Your Terms and Concepts

- It's so important to both give definitions of terms/concepts you're using as well as give examples. For clarity. So that everyone is on the same page.

- For example “Find Your Communication Style”:
  - What do you mean by communication style?
  - Why is Finding your communication style is important?
  - What the impact of your communication style is on your life and work?
  - What happens when you have a mismatched communication style?
  - What are examples of different communication styles?

## **Mental Processing Exercise Pathway 1: The Positive Underpinning and Foundations (What You Really Want)**

Still using Methodology Step example: “Find Your Communication Style”:

- What are your top 5 values when it comes to communicating with others?
- Why?
- What are the things that are most important to you when it comes to communication? What do you want most when it comes to communicating with others?
- Why?
- How do you most want to feel when you communicate with others?
- Why?
- Currently, where are the places you sense you communicate the best? How are you communicating in those relationships?

## **Mental Processing Exercise Pathway #2: Understanding Your YES by Understanding your NO**

Still using Methodology Step example: “Find Your Communication Style”:

- What do you know you don’t want when it comes to communicating with others?
- Why?
- How do you know you don’t want to feel when you communicate with others?
- What’s least important to you when it comes to communicating?
- What kinds of communication with others in the past have been misaligned for you? Why?
- Where are the places and with which people do you tend to get frustrated when it comes to communicating?

## **Mental Processing Exercise Pathway #3: Understanding Your Beliefs & Limiting Beliefs & Fears**

Still using Methodology Step example: “Find Your Communication Style”:

- What did you learn from your parents or guardians about communicating (positive or negative)? What did they model for you?
- What did you learn from your religion, community, teachers, etc?
- What are you scared of losing or risking if you were to truly uncover and step into your aligned communication style?
- What excuses would you need to stop making if you were to step fully into your aligned communication style?
- What possibilities would open for you if you were to step into your aligned communication style?

## **Mental Processing Exercise Pathway #4: Category Creation & Finding Your Category**

- What are the 4 different Communication Styles (Teaching/Presentation Mode)
- You can Find in an Intellectual/Mental Mode: Pick the one that feels right, circle words, etc
- You Can also Find in Non-Intellectual Modes: 4 different areas of room with each style. Walk to that area. Share a truth in that style. See how it feels in your body. In your heart.

## **Mental Processing Exercise Pathway #4: Action Exercises**

- Mantras/New Belief Work
- Practices in that particular communication style (Teaching Mode)