

TEACHING DECK · MIND · BODY · SOUL

XO

ExtraOrdinary

The Twelve-Week Class Teaching Deck

12

WEEKS · ONE SESSION EACH

5

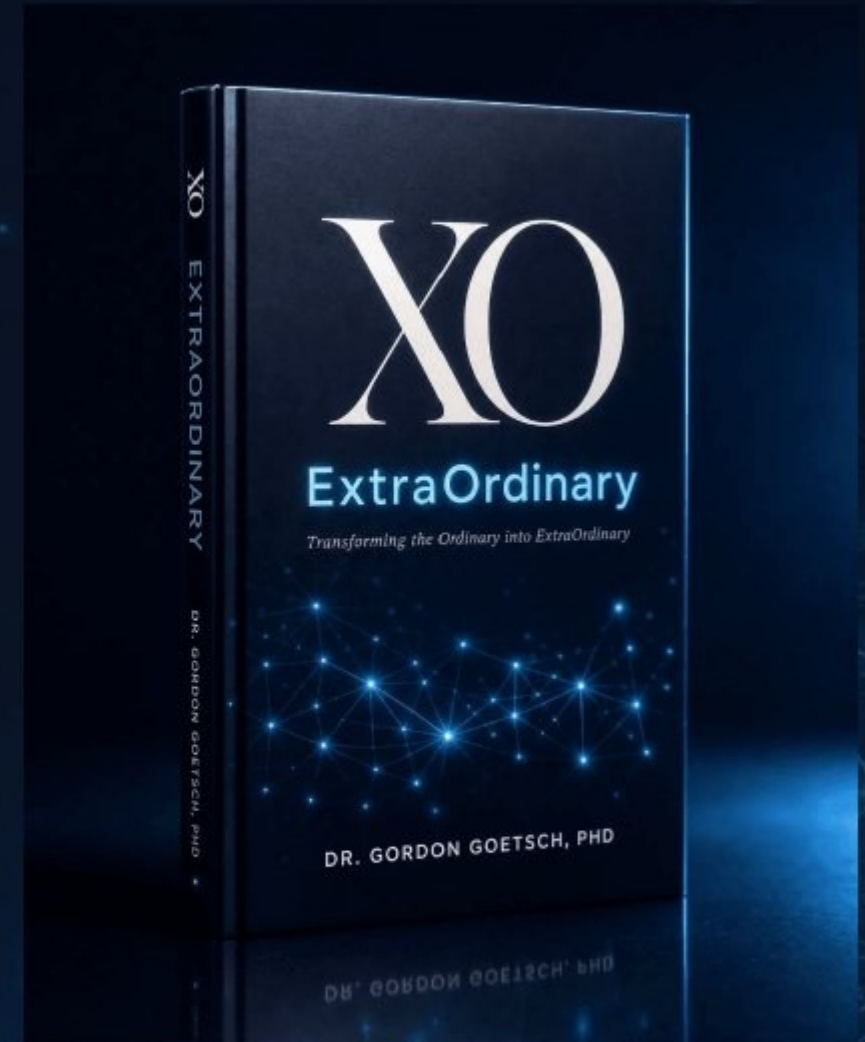
DAILY READINGS PER WEEK

60

TEACHING SLIDES

Gordon Goetsch, PhD

"I have come that they may have life, and have it extraordinarily." — JOHN 10:10



BEFORE YOU BEGIN

The Worship Songs — One Per Week

Click a song title to open it on YouTube. Once it loads, click the fullscreen icon in the bottom-right corner of the video to project it full screen.

- | | | | |
|-----------|--|-----------|---|
| 01 | <u>Build My Life</u>
Pat Barrett, feat. Cory Asbury · Week 1 Building a Biblical Foundation | 02 | <u>Great Are You Lord</u>
All Sons & Daughters · Week 2 The Extraordinary Brain |
| 03 | <u>Break Every Chain</u>
Jesus Culture · Week 3 Breaking and Making Habits | 04 | <u>Firm Foundation (He Won't)</u>
Cody Carnes · Week 4 Making the New Habits Stick |
| 05 | <u>Battle Belongs</u>
Phil Wickham · Week 5 IQ x EQ x WQ = AQ | 06 | <u>It Is Well</u>
Kristene DiMarco, Bethel Music · Week 6 Dealing with Stress |
| 07 | <u>Gratitude</u>
Brandon Lake · Week 7 Happy Chemicals | 08 | <u>No Longer Slaves</u>
Jonathan David & Melissa Helser · Week 8 Fear as a Motivator |
| 09 | <u>Forgiveness</u>
Matthew West · Week 9 The Freedom of Forgiveness | 10 | <u>Who You Say I Am</u>
Hillsong Worship · Week 10 Breaking the Shame Shackles |
| 11 | <u>Way Maker</u>
Leeland · Week 11 Dare to Dream | 12 | <u>Goodness of God</u>
Bethel Music & Jenn Johnson · Week 12 Restoring the Soul |

XO EXTRAORDINARY

THE EXTRAORDINARY WORKBOOK

Transformation is not read. It is done.



WEEK 1

BUILDING A BIBLICAL FOUNDATION

Your history is only as powerful as you allow it to be.



"I have set before you life and death... now choose life, so that you and your children may live."

**DEUTERONO
MY 30:19**

Life is set before you as a choice

- 1 Peace, joy, love and trust are choices, not moods.
- 2 Thinking becomes feeling, feeling becomes emotion, emotion becomes action.
- 3 Sixty thousand thoughts a day, each one laying track.

DEUTERONOMY 30:19

The Seven Foundations

Seven scriptures beneath everything that follows — one a sitting.

01 **Deuteronomy 30:19**

Life and death are set before you. Choose life.

02 **Romans 12:2**

Be transformed by the renewing of your mind.

03 **2 Timothy 1:7**

Not fear, but power, love and self-discipline.

04 **Exodus 34:7**

What you carry, you hand on.

05 **2 Corinthians 10:5**

Take every thought captive.

06 **Philippians 4:8**

Think on what is true, noble and lovely.

07 **Proverbs 23:7**

As he thinks in his heart, so is he.

Life is set before you as a choice

In the book

01 Scripture 1 — Deuteronomy 30:19

IN THE BOOK · PAGE 1

02 Caroline Leaf, Switch On Your Brain

IN THE BOOK · PAGE 1

03 How thinking becomes feeling becomes action

IN THE BOOK · PAGE 1

DEUTERONOMY 30:19

Fear is not from God

- 1 He gave power, love and self-discipline — not fear.
- 2 Fear, uncertainty and doubt make us settle for familiar.
- 3 Perfect love expels fear; His presence lets us persevere.

2 TIMOTHY 1:7

Fear is not from God

In the book

01 Scripture 3 — 2 Timothy 1:7

IN THE BOOK · PAGE 2

02 Why the familiar feels safer than the new

IN THE BOOK · PAGE 2

03 God's unconditional love against fear

IN THE BOOK · PAGE 2

2 TIMOTHY 1:7

Your choices echo into generations

- 1 Scripture said it first: what parents choose reaches children.
- 2 Epigenetics now confirms our choices mark our descendants.
- 3 Transformed thinking can pass on something better.

EXODUS 34:7

Your choices echo into generations

In the book

01 Scripture 4 — Exodus 34:7, generational echo

IN THE BOOK · PAGE 2

02 What epigenetics now confirms about choice

IN THE BOOK · PAGE 2

03 Passing on something better than you received

IN THE BOOK · PAGE 2

EXODUS 34:7

Take the thought captive, then change the channel

- 1 Capture thoughts through prayer, meditation and stillness.
- 2 Break the automatic loop before it becomes emotion.
- 3 Fix your mind on the noble, pure and lovely.

2 CORINTHIANS 10:5

Take the thought captive, then change the channel

In the book

01 Scripture 5 — 2 Corinthians 10:5, thoughts captive

IN THE BOOK · PAGE 2

02 Prayer and meditation as capture tools

IN THE BOOK · PAGE 2

03 Scripture 6 — Philippians 4:8, the focus list

IN THE BOOK · PAGE 2

2 CORINTHIANS 10:5

As he thinks, so he is

- 1 You are not a victim of biology or circumstance.

- 2 Your history is only as powerful as you allow.

- 3 The road ahead: coherence, then neurogenesis, then deliberate change.

PROVERBS 23:7

As he thinks, so he is

In the book

01 Scripture 7 — Proverbs 23:7, as he thinks

IN THE BOOK · PAGE 3

02 Neuroplasticity and neurogenesis, harnessed

IN THE BOOK · PAGE 3

03 The journey from mind to body to soul

IN THE BOOK · PAGE 4

PROVERBS 23:7

WEEK 2

THE EXTRAORDINARY BRAIN

You are not bound by an unchangeable self.



*"Do not conform to the pattern of this world, but be transformed
by the renewing of your mind."*

ROMANS 12:2

Your brain rebuilds itself around your thoughts

- 1 Neuroplasticity overturned the belief that the brain cannot change.
- 2 Pathways strengthen with repetition and with emotion.
- 3 Thoreau's well-worn path: tradition wears deep ruts.

ROMANS 12:2

OLD

NEW

NOTHING CHANGES DOWNSTREAM UNTIL THE LEVEL ABOVE IT DOES

Your brain rebuilds itself around your thoughts

In the book

01 The Power of Choice and Change

IN THE BOOK · PAGE 9

02 Our past shaped us; our identity in Christ frees us

IN THE BOOK · PAGE 11

03 Extinguishing the influence of the past

IN THE BOOK · PAGE 10

ROMANS 12:2

Sixty thousand thoughts need a gatekeeper

- 1 Unchecked thoughts escalate into cycles you did not choose.
- 2 The adversary's only strategy is snares built from your past.
- 3 The past cannot change; its influence can be extinguished.

PROVERBS 4:23

Sixty thousand thoughts need a gatekeeper

In the book

01 Cerebral Rolodex — the filing system

IN THE BOOK · PAGE 13

02 No new files, no new behaviour

IN THE BOOK · PAGE 15

03 The brain reaching for past experience

IN THE BOOK · PAGE 13

PROVERBS 4:23

No new files, no new behaviour

- 1 The neocortex restrains reaction and imagines what is possible.
- 2 One hour of concentrated focus can double connections.
- 3 Eighty-six billion neurons — fearfully and wonderfully made.

PSALM 139:14

From Nubbin to Mushroom

New information does not simply pass through the brain. It builds.
A spine grows out of the dendrite and reaches for a partner.



THE DENDRITE

01 FILOPODIUM the nubbin

A bare protrusion pushes out, searching for an axon to meet. Gone within hours if nothing answers.

02 THIN SPINE the lollipop

A small head forms on a slender neck. Contact is made, but weak and easily lost. The learning spine.

03 STUBBY SPINE thickening

Repetition widens the head and shortens the neck. Signal passes faster. The pathway is being committed to.

04 MUSHROOM SPINE the memory

A broad head dense with receptors, stable for months or years. The synapse holds. The memory spine.

REPETITION · EMOTION · TIME

NEURONS THAT FIRE TOGETHER, WIRE TOGETHER

Can the Wiring Be Hurried?

Transcranial magnetic stimulation fires the circuit from outside the skull — Hebb's law, driven by a machine.

WHAT IT DOES

- A magnetic coil held against the scalp induces a current in the cortex beneath it, depolarising neurons without surgery or sedation.
- Pulses repeated in rhythm drive neurons to fire together — LTP-like strengthening of excitatory synapses, forced rather than earned.
- Cleared by the FDA in 2008 for treatment-resistant depression; since extended to OCD, smoking cessation, migraine with aura, ages 15 up.
- A standard course runs 20–36 sessions over four to six weeks. Accelerated protocols compress that into days.

WHAT THE EVIDENCE SHOWS

- ~30% remission in the pivotal depression trial, against ~16% on sham
- ~50% remission within a month in a 2023 accelerated deep-TMS study
- 64–90% still holding the benefit three to twelve months later

THE OPEN QUESTION

The coil strengthens whatever circuit happens to be firing. It cannot choose which one. Repetition, attention and obedience are slower — but they select the pathway worth keeping. The machine can fire the neurons. It cannot pick the thought.

No new files, no new behaviour

In the book

01 The Neocortex — forty percent of the frontal lobe

IN THE BOOK · PAGE 16

02 Executive function as the symphony leader

IN THE BOOK · PAGE 16

03 How to Train Your Brain for Success

IN THE BOOK · PAGE 16

PSALM 139:14

The limbic brain turns thought into chemistry

- 1 The limbic brain releases the chemicals that become feelings.
- 2 Under threat the alarm bypasses the thinking brain entirely.
- 3 Coherence is conscious and subconscious finally agreeing.

2 CORINTHIANS 10:5

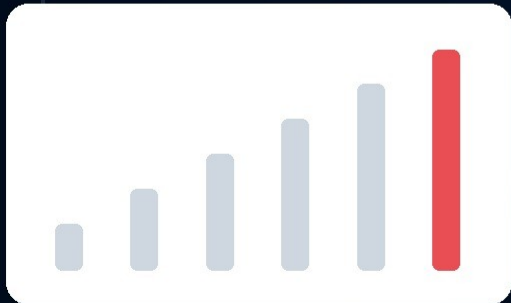
Four Levels of Learning

Practice moves knowledge from effortful awareness into embodied, automatic competence.

01

UNCONSCIOUS INCOMPETENCE

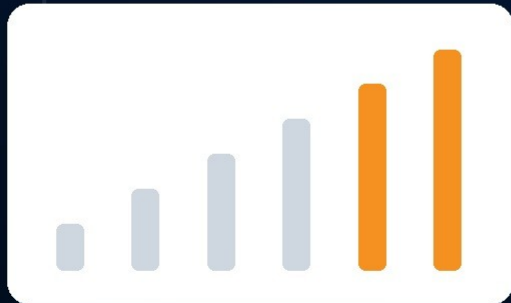
I don't know what I don't know.



02

CONSCIOUS INCOMPETENCE

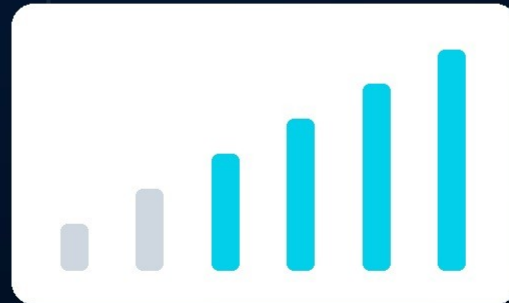
I can now see the gap.



03

CONSCIOUS COMPETENCE

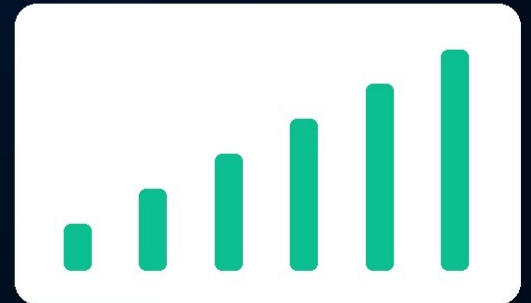
I can do it, with attention.



04

UNCONSCIOUS COMPETENCE

It has become part of me.



COHERENCE = THE CONSCIOUS AND SUBCONSCIOUS WORKING TOGETHER

The limbic brain turns thought into chemistry

In the book

01 The chemical bridge from thought to feeling

IN THE BOOK · PAGE 19

02 Amygdala Hijack: Goleman's account

IN THE BOOK · PAGE 20

03 Four Levels of Learning, and coherence

IN THE BOOK · PAGE 19

2 CORINTHIANS 10:5

What you repeatedly do becomes who you are

- 1 The cerebellum makes practised things automatic.
- 2 Knowledge becomes experience, experience becomes wisdom.
- 3 Head to hands to heart, through daily stillness.

PSALM 46:10

One Word, Three Depths

Coherence is alignment. The book uses it at three levels, and they are the same idea going further down.

MIND

WEEK 2

Conscious and subconscious in agreement.

“Nothing changes downstream until the level above it does.”

Won by exercise: concentration, meditation, repetition.

BODY

WEEK 6

Rhythm and order in place of neurotic chaos.

“Coherence is the pathway back to peace.”

Won by gratitude, rejoicing, and casting the care off.

SOUL

WEEK 12

Connectedness with your Creator, ordering mind and body.

“Incongruence. Incoherence. Dissonance.”

Lost to hurry. Won back by presence.

INCOHERENCE IS KNOWING AND NOT DOING.

Information alone has never transformed anybody.

ALIGN THE LEVELS AND THE WHOLE SYSTEM CHANGES

What you repeatedly do becomes who you are

In the book

01 The Cerebellum — learning by repetition

IN THE BOOK · PAGE 24

02 Where most neuroplasticity actually happens

IN THE BOOK · PAGE 23

03 Head to hands to heart

IN THE BOOK · PAGE 25

PSALM 46:10

WEEK 3

BREAKING AND MAKING HABITS

When the body remembers, that is a habit.



*“Do not merely listen to the word, and so deceive yourselves.
Do what it says.”*

JAMES 1:22

Nothing is an obstacle unless you say so

- 1 God gave the instructions and the neurological tools together.
- 2 An ExtraOrdinary life is living as your true self.
- 3 Gratitude, forgiveness and mindfulness reprogram what you believe.

JEREMIAH 29:11

Nothing is an obstacle unless you say so

In the book

01 Living according to your true self

IN THE BOOK · PAGE 29

02 Jeremiah 29:11 and Romans 8:1 on identity

IN THE BOOK · PAGE 29

03 The three reprogramming disciplines, with practice

IN THE BOOK · PAGE 29

JEREMIAH 29:11

One thought changes your whole body

- 1 A single thought moves hormones, immunity, heart rate, digestion.
- 2 New thinking, new action, new habits, new results.
- 3 Root and fruit must match, or chaos follows.

JAMES 1:22

One thought changes your whole body

In the book

01 One thought, traced from mind to body

IN THE BOOK · PAGE 31

02 The body's measurable response, gland by gland

IN THE BOOK · PAGE 31

03 Root and fruit, and cognitive dissonance

IN THE BOOK · PAGE 31

JAMES 1:22

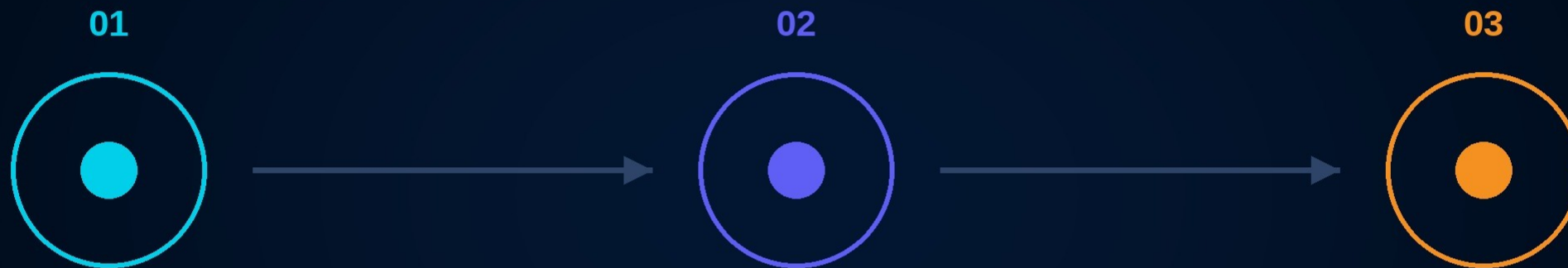
Until the unconscious becomes conscious

- 1 Replaying a charged memory re-memorises the emotion.
- 2 The body learns to remember better than the mind.
- 3 False message, then sensation, then urge, then the old response.

ROMANS 12:2

The Cycle of Deception

A false message arises, discomfort follows, and the habitual response deepens the rut.



DECEPTIVE BRAIN MESSAGE

A false or distorted thought arises.

UNCOMFORTABLE SENSATIONS

Physical or emotional distress follows.

HABITUAL UNHEALTHY RESPONSE

Brief relief that deepens the rut.

AND ROUND AGAIN

INTERRUPT THE MESSAGE = BREAK THE CYCLE

Until the unconscious becomes conscious

In the book

01 Fate or faith? — the day's question

IN THE BOOK · PAGE 33

02 Jung on the unconscious; Hebbian learning

IN THE BOOK · PAGE 34

03 Tracing one cycle from message to response

IN THE BOOK · PAGE 34

ROMANS 12:2

Name the lies before they name you

- 1 The messages: I'm not good enough, I don't matter.
- 2 The sensations: tightness, anger, sadness, craving, dread.
- 3 The responses: escape, spend, fight, overeat, avoid, check.

2 CORINTHIANS 10:5

Name the lies before they name you

In the book

01 The list of deceptive brain messages

IN THE BOOK · PAGE 36

02 The full list of false thoughts and urges

IN THE BOOK · PAGE 36

03 Uncomfortable sensations and habitual responses

IN THE BOOK · PAGE 36

2 CORINTHIANS 10:5

The 21-day myth and the real number: 66

- 1 Maltz watched surgical patients adapt, not habits break.
- 2 University College London found the real average: sixty-six days.
- 3 Consistency over time is what makes a habit automatic.

GALATIANS 6:9

THE BIRTH OF A HABIT

A conceptual image showing a path of footprints glowing with golden light, receding into the distance towards a bright horizon. The ground is dark and textured, and the sky is dark with some distant lights. The path starts from the bottom center and leads towards the horizon, where it disappears into a bright glow. The footprints are clearly visible and spaced out, creating a sense of movement and direction.

ONE STEP REPEATED BECOMES A PATH

The 21-day myth and the real number: 66

In the book

01 Maltz, Psycho-Cybernetics, and the 21-day myth
IN THE BOOK · PAGE 39

02 University College London: sixty-six days
IN THE BOOK · PAGE 39

03 The four happy hormones, the D.O.S.E.
IN THE BOOK · PAGE 40

GALATIANS 6:9

WEEK 4

MAKING THE NEW HABITS STICK

Whatever runs automatically flies beneath awareness.

“Above all else, guard your heart, for everything you do flows from it.”

PROVERBS
4:23

Four marks of every habit

- 1 We think about what we are doing forty percent of the time.
- 2 Repetition drains both the pain and the pleasure.
- 3 Same context, same behaviour — change the room.

PROVERBS 4:23

Four marks of every habit

In the book

01 The four characteristics every habit shares

IN THE BOOK · PAGE 45

02 The Texas A&M awareness study

IN THE BOOK · PAGE 45

03 Decision fatigue and why habits protect us

IN THE BOOK · PAGE 45

PROVERBS 4:23

Where desire was, effort will be

- 1 Neuroplasticity is neutral; self-directed neuroplasticity is the power.
- 2 Cells that fire together consistently form a pathway.
- 3 Attention is the glue that holds the wiring open.

PHILIPPIANS 4:8

Where desire was, effort will be

In the book

01 Self-directed neuroplasticity, defined

IN THE BOOK · PAGE 48

02 Why focused attention is the real power

IN THE BOOK · PAGE 48

03 The quantum Zeno effect as the glue

IN THE BOOK · PAGE 49

PHILIPPIANS 4:8

The habit loop: keep the reward, change the routine

- 1 Cue, routine, reward — never forgotten, only overwritten.
- 2 Log the cue for five days: emotion, place, time, people.
- 3 Say “I’m not a smoker”, never “I’m trying to quit”.

ROMANS 12:2

The Habit Loop

Every habit is carried by a simple neurological cycle.
Change the routine while respecting the cue and the reward.



CUE

The trigger that starts the loop.

ROUTINE

The action you perform.

REWARD

The payoff your brain remembers.

To change the habit, design a new routine that delivers the real reward.

REPEATED LOOPS BECOME WHO I AM

The habit loop: keep the reward, change the routine

In the book

01 The habit loop: cue, routine, reward

IN THE BOOK · PAGE 51

02 Isolating your cue before changing anything

IN THE BOOK · PAGE 54

03 Keeping the reward, replacing the routine

IN THE BOOK · PAGE 51

ROMANS 12:2

Your RAS: set the goal and the librarian goes to work

- 1 Your filter promotes whatever aligns with a declared goal.
- 2 Name it, prioritise it, picture it, stay consistent.
- 3 Not magic — it works with your will engaged.

PROVERBS 16:3

Your Brain's Search Engine

The RAS filters millions of sensory signals and surfaces only what matches your declared intentions.

MILLIONS OF SENSORY SIGNALS

Sights, sounds, thoughts, opportunities.



FOCUSED AWARENESS

What you set your intention on, you begin to see everywhere.

THE RAS FILTER

Prioritizes what matches your goals and beliefs.

SET THE GOAL · THE RAS GOES TO WORK

Your RAS: set the goal and the librarian goes to work

In the book

01 Engaging the RAS: the brain's librarian

IN THE BOOK · PAGE 55

02 Setting a clear intention for the RAS

IN THE BOOK · PAGE 56

03 Sensory signals filtered down to focus

IN THE BOOK · PAGE 56

PROVERBS 16:3

Science and Scripture together make it stick

- 1 Habit mechanics plus focused attention rewire the pathway.
- 2 Prayer, the Word and fellowship supply the strength.
- 3 Press on, trusting His power at every step.

PHILIPPIANS 3:14

Science and Scripture together make it stick

In the book

01 Pressing on toward transformation

IN THE BOOK · PAGE 58

02 Habit mechanics joined to Scripture and prayer

IN THE BOOK · PAGE 58

03 Living in alignment with your true self

IN THE BOOK · PAGE 58

PHILIPPIANS 3:14

WEEK 5

$IQ \times EQ \times WQ = AQ$

He conquered the world, but not himself.



"For as he thinks in his heart, so is he."

PROVERBS
23:7

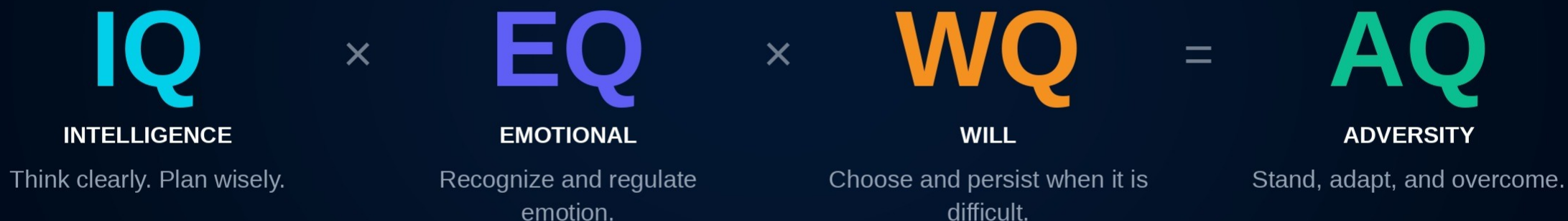
Manage your emotions or they will manage your outcomes

- 1 Intelligence, emotion and will multiply into adversity quotient.
- 2 Better question than “how clever”: how well do you execute?
- 3 Emotional intelligence can be learned by anyone.

PROVERBS 23:7

The Adversity Equation

Four capacities, one integrated outcome. Multiplication means weakness cannot be hidden by strength elsewhere.



A ZERO IN ANY ONE IS A ZERO IN ALL.

This is not addition. The strengths must work together.

INTELLIGENCE × EMOTIONAL × WILL = ADVERSITY

Manage your emotions or they will manage your outcomes

In the book

01 What emotional intelligence actually is

IN THE BOOK · PAGE 63

02 EQ: understand, use and manage emotion

IN THE BOOK · PAGE 63

03 Why a zero in any factor decides the result

IN THE BOOK · PAGE 63

PROVERBS 23:7

The unexamined life keeps you ordinary

- 1 The subconscious is your default setting, running unchallenged.
- 2 Millions of old prescriptions govern how you meet people.
- 3 Unexamined, we call it fate — but we have control.

PROVERBS 23:7

The unexamined life keeps you ordinary

In the book

01 Proverbs 23:7 and the wisdom of Socrates

IN THE BOOK · PAGE 67

02 Socrates: the unexamined life

IN THE BOOK · PAGE 67

03 Challenging unconscious patterns with conscious awareness

IN THE BOOK · PAGE 67

PROVERBS 23:7

Phineas Gage and the governed brain

- 1 An iron rod took twelve percent of his frontal lobe.
- 2 An even-tempered foreman became violent and unemployable.
- 3 Logic and emotion are separate — so emotion can be governed.

2 TIMOTHY 1:7

Phineas Gage and the governed brain

In the book

01 Phineas Gage: the man and the accident

IN THE BOOK · PAGE 69

02 1848: the tamping iron and the frontal lobe

IN THE BOOK · PAGE 69

03 What Gage's case proved about the frontal lobe

IN THE BOOK · PAGE 69

2 TIMOTHY 1:7

Two systems, three states

- 1 Fight-or-flight and rest-and-repair share one nervous system.
- 2 Safe and social, mobilised, or shut down completely.
- 3 Naming the state you are in is the first skill.

JOHN 14:27

Two systems, three states

In the book

01 The autonomic nervous system, both halves

IN THE BOOK · PAGE 72

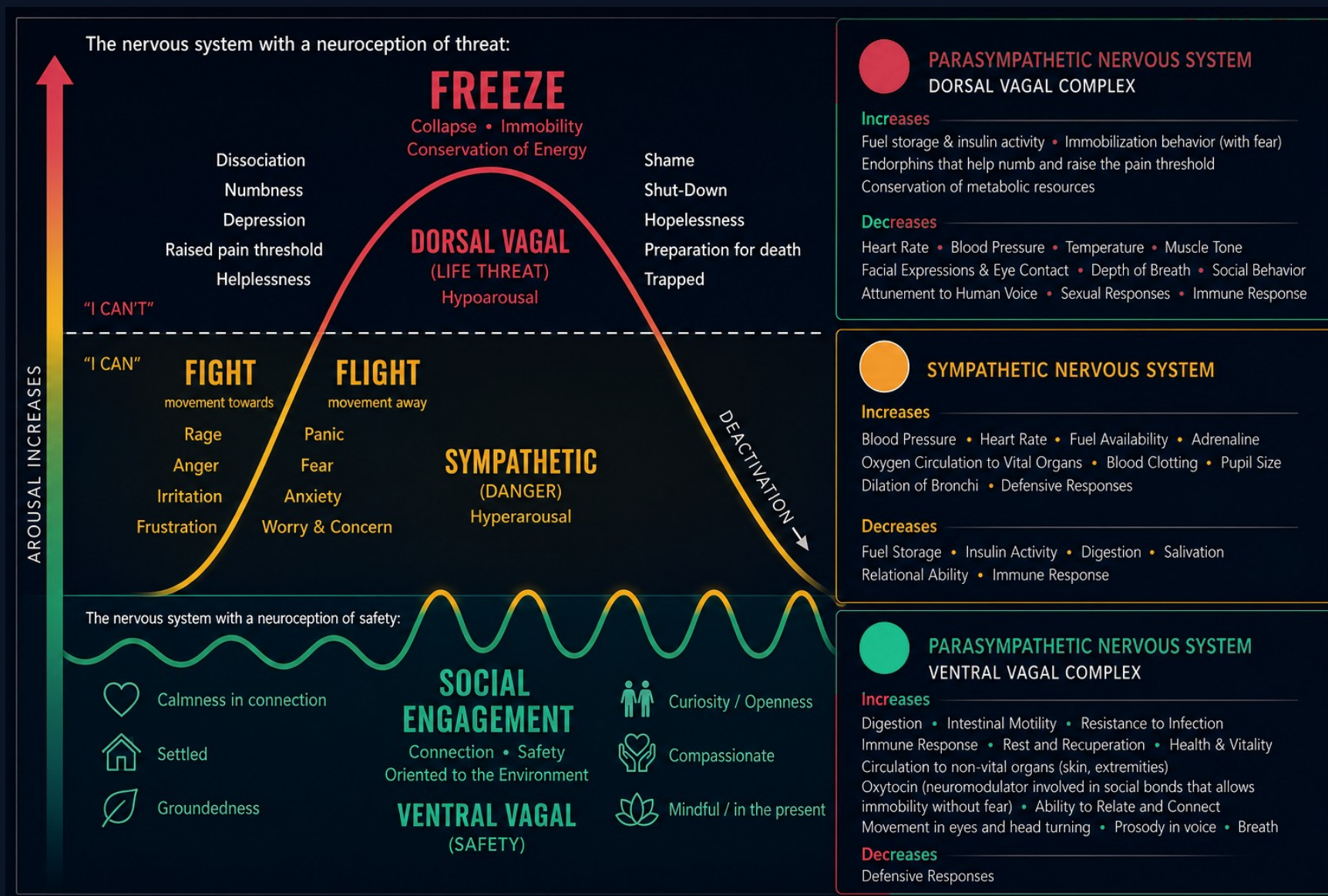
02 Philippians 4:8-9, 2 Timothy 1:7, James 5:16

IN THE BOOK · PAGE 72

03 The three states, and naming your own

IN THE BOOK · PAGE 74

JOHN 14:27



Alexander conquered the world but not himself

- 1 In banquet fury he killed the friend who saved his life.

- 2 He took every citadel except the one within.

- 3 Respond instead of reacting; the skill is learnable.

PROVERBS 16:32

Alexander conquered the world but not himself

In the book

01 Alexander the Great: conqueror, unmastered

IN THE BOOK · PAGE 76

02 The banquet, the fury, the friend he killed

IN THE BOOK · PAGE 77

03 Eight steps to happiness, ten to improve

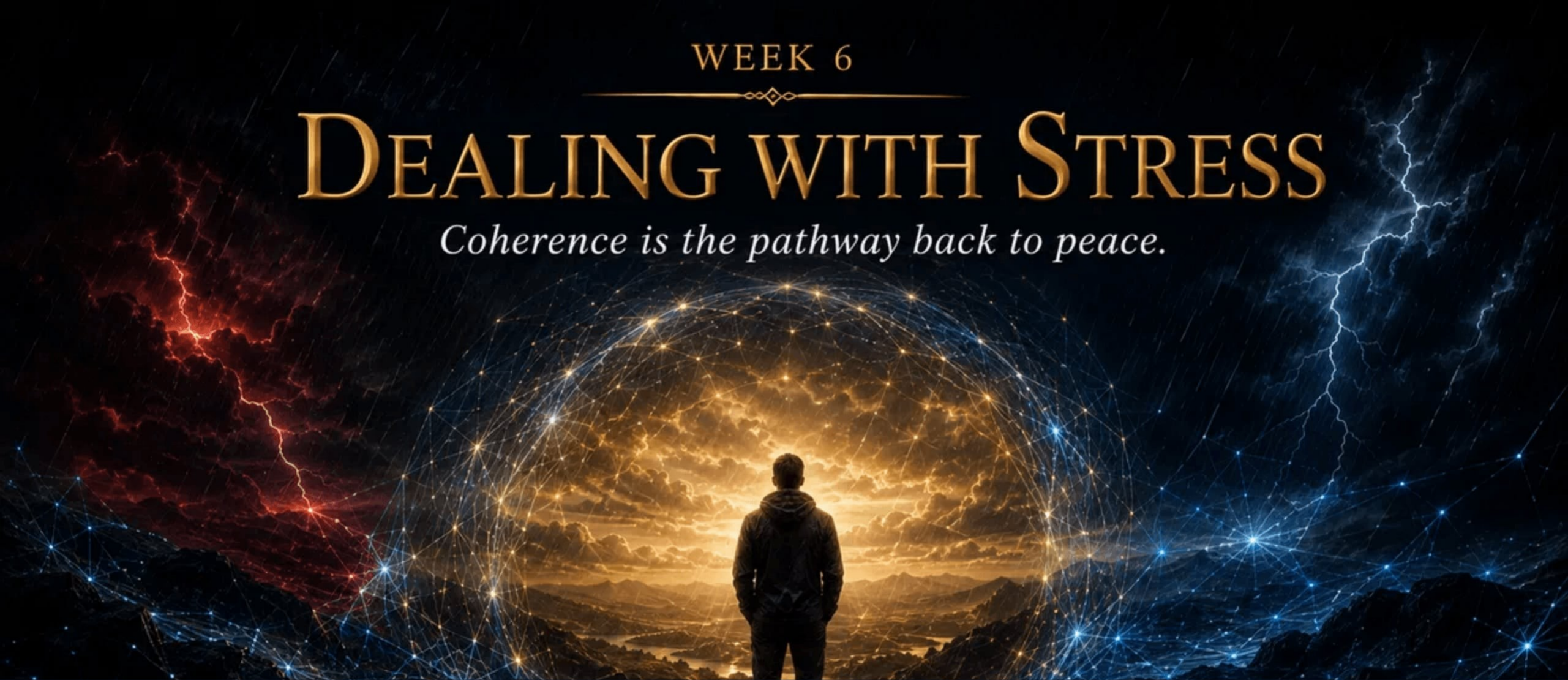
IN THE BOOK · PAGE 77

PROVERBS 16:32

WEEK 6

DEALING WITH STRESS

Coherence is the pathway back to peace.



“Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and your minds.”

PHILIPPIANS
4:6-7

Seventy percent live in neurotic chaos

- 1 Stress reaches hormones, immunity, memory and gene expression.
- 2 Some stress is useful; prolonged stress becomes burnout.
- 3 Coherence — rhythm and order — is the way back.

1 PETER 5:7

Seventy percent live in neurotic chaos

In the book

01 Where useful stress turns toxic

IN THE BOOK · PAGE 82

02 Neurotic chaos set against coherence

IN THE BOOK · PAGE 82

03 How stress changes the brain

IN THE BOOK · PAGE 83

1 PETER 5:7

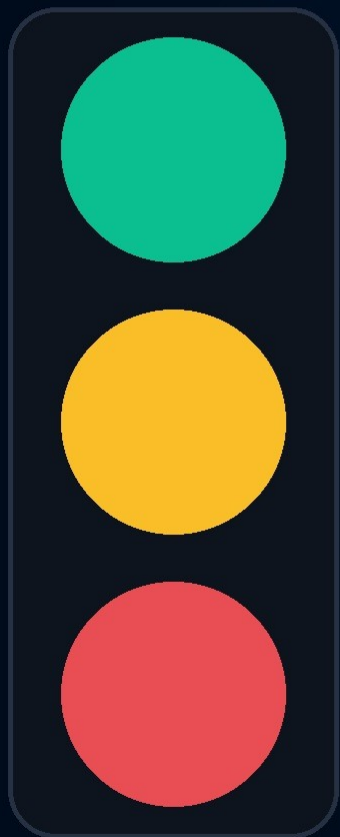
Read your stress like a traffic light

- 1 No light is no motivation; green is responsible motion.
- 2 Yellow is the warning to slow; red is repair.
- 3 Healthy stress moves in waves, never in a straight climb.

PHILIPPIANS 4:6

The Traffic Light Within

Three God-designed states of the autonomic nervous system —
and the signals each one sends.



01

GREEN · SAFETY

VENTRAL VAGAL · PARASYMPATHETIC

Calm, connected, grounded, socially engaged.

02

YELLOW · MOBILIZED

SYMPATHETIC · FIGHT OR FLIGHT

Energized under threat — anger, anxiety, worry.

03

RED · SHUTDOWN

DORSAL VAGAL · FREEZE

Immobilized, numb, isolated, hopeless.

Read your stress like a traffic light

In the book

01 A Global Epidemic — the scale of it

IN THE BOOK · PAGE 85

02 Philippians 4:6-7, the most highlighted passage

IN THE BOOK · PAGE 85

03 Rhythmic waves between green and yellow

IN THE BOOK · PAGE 86

PHILIPPIANS 4:6

Mind, body and soul must move together

- 1 Mind is thought and belief; brain is the hardware.
- 2 Body needs food, movement, rest — self-care is equipment.
- 3 Soul needs values, gratitude, purpose and real relationship.

1 CORINTHIANS 6:19

Mind, body and soul must move together

In the book

01 Overcoming toxic stress: the three-part care

IN THE BOOK · PAGE 88

02 Mind is not the same as brain

IN THE BOOK · PAGE 88

03 Nourish the body, quiet the mind, nurture the soul

IN THE BOOK · PAGE 88

1 CORINTHIANS 6:19

The cause and the curse of toxic stress

- 1 Obsession with self, replayed suffer stories, no sleep, isolation.
- 2 Cortisol neutralises the chemicals that carry joy and trust.
- 3 Prolonged, it reshapes memory and suppresses immunity.

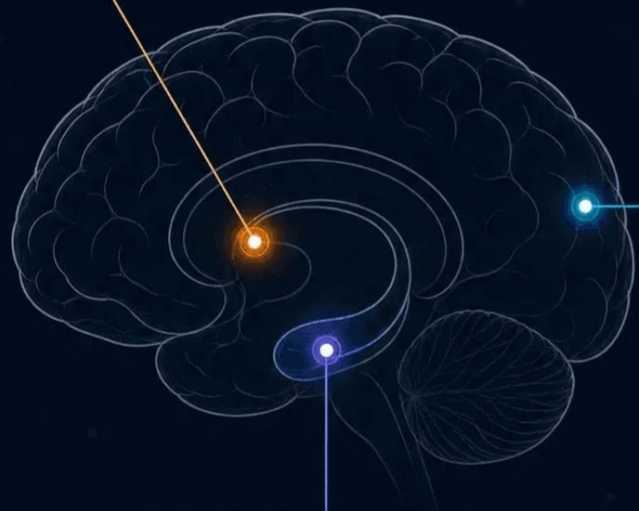
MATTHEW 6:34

How Stress Reshapes the Brain

Prolonged stress hormones physically alter brain structure — and healthy habits can rebuild it.

01 AMYGDALA HEIGHTENS

Fear and anxiety responses intensify.



02 HIPPOCAMPUS SHRINKS

Memory and learning are impaired.

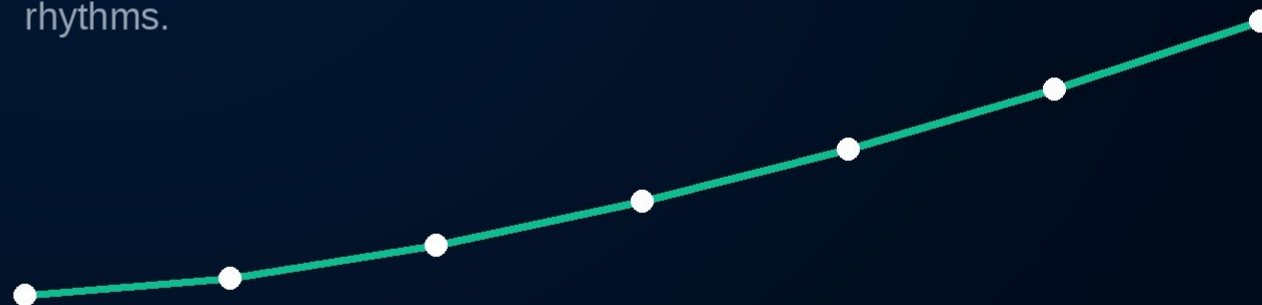
03

PREFRONTAL CORTEX WEAKENS

Reasoned decision-making declines.

04 HEALING AND RECOVERY

Neuroplasticity rebuilds the brain through coherence and healthy rhythms.



WHAT STRESS RESHAPES, RHYTHM CAN REBUILD

The cause and the curse of toxic stress

In the book

01 The Cause and The Curse

IN THE BOOK · PAGE 91

02 Five causes, from self-obsession to worry

IN THE BOOK · PAGE 91

03 What sustained cortisol costs you

IN THE BOOK · PAGE 93

MATTHEW 6:34

Rejoice, pray, think — then live it out

- 1 Celebrate daily; gratitude is a discipline, not a mood.

- 2 Shape every worry into a petition and a praise.

- 3 Fill your mind with the true and the gracious.

PHILIPPIANS 4:4-8

Rejoice, pray, think — then live it out

In the book

01 Rejoice, pray, and think

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02 Philippians 4:4-8: rejoice, pray, think

IN THE BOOK · PAGE 96

03 Six further suggestions for healing

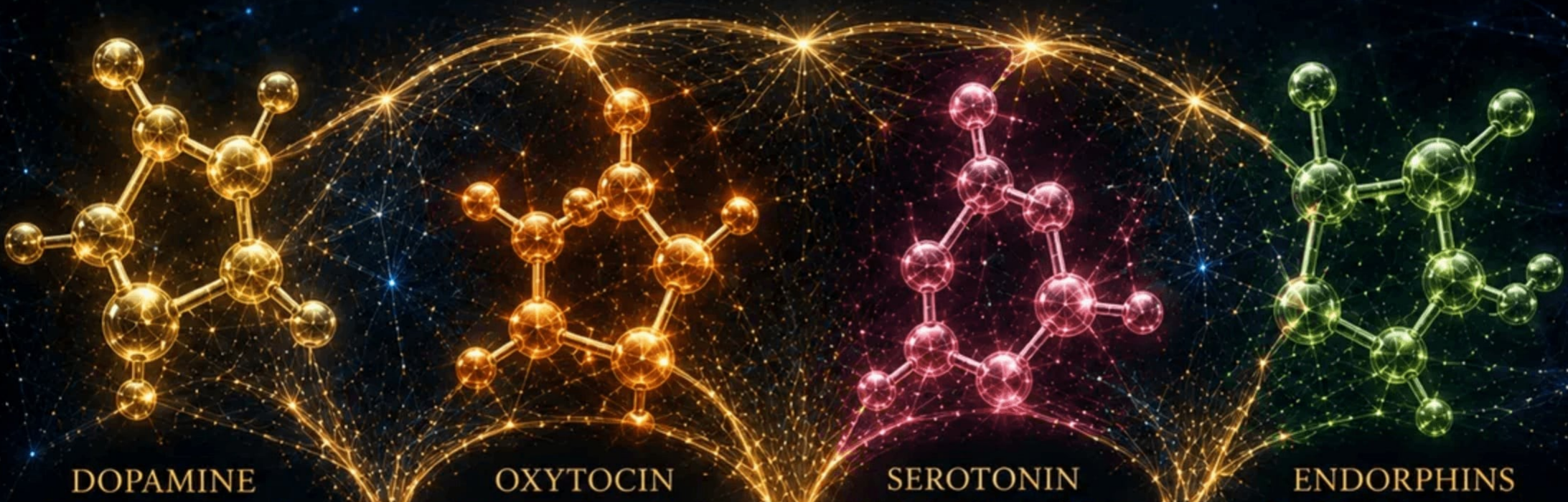
IN THE BOOK · PAGE 99

PHILIPPIANS 4:4-8

WEEK 7

HACKING INTO YOUR HAPPY CHEMICALS

You can have a happiness tree.



“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

PROVERBS
17:22

Dopamine: the anticipation of the hunt

- 1 Dopamine rewards the hunt, and fades at the kill.
- 2 Oxytocin is the glue; serotonin is significance, shared.
- 3 Endorphins are the reward hidden inside the effort.

PROVERBS 17:22

The D.O.S.E. Quartet

Four God-given neurochemicals designed for thriving —
in rhythms, not constancy.

D DOPAMINE — THE REWARD

Motivation, anticipation, drive toward goals.
Hack it: finish tasks, celebrate small wins.



O OXYTOCIN — THE BOND

Trust, connection, generosity.
Hack it: hugs, gifts, genuine presence.



S SEROTONIN — THE SIGNIFICANCE

Mood, confidence, feeling valued.
Hack it: sunlight, gratitude, recalling past wins.



E ENDORPHINS — THE RELIEF

Natural pain relief and euphoria.
Hack it: exercise, hard work, laughter.



Dopamine: the anticipation of the hunt

In the book

01 The Happiness Quartet introduced

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02 D.O.S.E. in sequence, and why order matters

IN THE BOOK · PAGE 109

03 Why dopamine fades at the kill

IN THE BOOK · PAGE 109

PROVERBS 17:22

Oxytocin is the glue of healthy relationships

- 1 A hand held, a hug, a hand on the shoulder.
- 2 Zak found touch lowers cardiac stress and lifts immunity.
- 3 His prescription was eight hugs a day.

JOHN 13:34

Oxytocin is the glue of healthy relationships

In the book

01 Oxytocin: the bonding chemical

IN THE BOOK · PAGE 111

02 Touch, affirmation, and the fidelity studies

IN THE BOOK · PAGE 111

03 Zak's research, and eight hugs a day

IN THE BOOK · PAGE 111

JOHN 13:34

Serotonin is significance — and it is shared

- 1 Recognition lifts self-worth; its absence breeds loneliness.
- 2 One person's moment spreads through the whole circle.
- 3 Sun, sleep, celebrated wins, laughter with family.

ROMANS 12:10

Serotonin is significance — and it is shared

In the book

01 Serotonin: the significance chemical

IN THE BOOK · PAGE 113

02 Significance, recognition, and the absence of it

IN THE BOOK · PAGE 113

03 Jacobs on antidepressants; why it spreads

IN THE BOOK · PAGE 113

ROMANS 12:10

The reward hidden inside the effort

- 1 Released by prolonged exertion — the second wind.
- 2 Analgesic and calming, the satisfaction after hard work.
- 3 Exercise and laughter; even anticipated laughter counts.

NEHEMIAH 8:10

The reward hidden inside the effort

In the book

01 Endorphins: the relief chemical

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02 How to trigger endorphins deliberately

IN THE BOOK · PAGE 115

03 Why anticipated laughter also works

IN THE BOOK · PAGE 115

NEHEMIAH 8:10

Designed for survival, hijacked by excess

- 1 These four were given in sequence, for survival.

- 2 Live in them constantly and you need ever more.

- 3 Whatever you do to escape, you are wiring in.

1 CORINTHIANS 6:12

Designed for survival, hijacked by
excess

In the book

01 Why the quartet is given in sequence

IN THE BOOK · PAGE 117

02 The survival logic behind the order

IN THE BOOK · PAGE 117

03 How constant states create escalating need

IN THE BOOK · PAGE 117

1 CORINTHIANS 6:12

WEEK 8

FEAR AS A MOTIVATOR

The best things are on the other side of fear.



“There is no fear in love. But perfect love drives out fear.”

1 JOHN 4:18

The best things are on the other side of fear

- 1 Fear will always be present; the question is your response.
- 2 Fear suspects, love believes; fear hoards, love opens.
- 3 False Evidence Appearing Real.

1 JOHN 4:18

The best things are on the other side of fear

In the book

01 Why the best things sit past the fear

IN THE BOOK · PAGE 121

02 The film clip, watched together

IN THE BOOK · PAGE 121

03 How vulnerability meets fight-or-flight

IN THE BOOK · PAGE 121

1 JOHN 4:18

Fear not, little flock

- 1 The kingdom is already given; nothing is withheld.

- 2 Your fear is real — your body is signalling something.

- 3 The work is to identify it, which means facing it.

LUKE 12:32

Fear not, little flock

In the book

01 Fifteen verses for overcoming fear

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02 Luke 12:32 and the fifteen verses

IN THE BOOK · PAGE 124

03 Complete in Christ, citizens of heaven

IN THE BOOK · PAGE 124

LUKE 12:32

Survival fear keeps you alive; irrational fear keeps you small

- 1 The cliff edge and the predator earned the alarm.
- 2 The alarm cannot tell a lion from a new job.
- 3 Some people never leave fight-or-flight at all.

PSALM 56:3

Survival fear keeps you alive; irrational fear keeps you small

In the book

01 A short history of fear, then fear today

IN THE BOOK · PAGE 127

02 The amygdala and fight-or-flight

IN THE BOOK · PAGE 128

03 The cliff edge against the thwarted dream

IN THE BOOK · PAGE 127

PSALM 56:3

What we are actually afraid of

- 1 Fear narrows body and mind to what is immediately ahead.
- 2 Chapman's survey: corruption, collapse, war, harm to those we love.
- 3 Public speaking remains the most common social fear.

PSALM 34:4

What we are actually afraid of

In the book

01 What America Fears: the ranked survey

IN THE BOOK · PAGE 130

02 The top ten fears of 2023

IN THE BOOK · PAGE 130

03 Normal fear against irrational fear, compared

IN THE BOOK · PAGE 133

PSALM 34:4

Make fear your counsellor, not your captain

- 1 Write every fear down; label it survival or irrational.

- 2 Breathe into the present, then name it out loud.

- 3 Ask the worst case — then take one action.

JOSHUA 1:9

Fear as a Motivator

All fear has a positive intention — it is a signal.
Five steps turn the signal into movement.

01

BREATHE INTO THE PRESENT

Come back to what is happening now, not what might.

02

NOTICE THOUGHTS AND FEELINGS

Say the fear out loud. Emotions must be acknowledged to heal.

03

REFRAME THE FEAR

Ask whether you are truly in danger. Look for other outcomes.

04

LET FEAR COUNSEL YOU

Hear what it protects — then ask the cost of never moving.

05

TAKE ACTION

The step is the cure. Momentum builds with each one taken.

SURVIVAL FEAR

Rational. Keeps you safe from real danger.

IRRATIONAL FEAR

Imagined. Holds you back from every risk.

MOST OF WHAT YOU FEAR WAS NEVER GOING TO HAPPEN

Make fear your counsellor, not your captain

In the book

01 The fourteen steps to overcome fear

IN THE BOOK · PAGE 136

02 Behind all fear, a fear of loss

IN THE BOOK · PAGE 135

03 Write it, label it, name it, act

IN THE BOOK · PAGE 136

JOSHUA 1:9

WEEK 9

THE FREEDOM OF FORGIVENESS

Forgiveness only has value when it is given away.



“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

**EPHESIANS
4:32**

Commanded, modelled, already received

- 1 Get rid of bitterness; forgive as you were forgiven.
- 2 He was falsely accused and still said “Father, forgive them”.
- 3 Remember the size of the debt already cancelled.

EPHESIANS 4:32

Commanded, modelled, already
received

In the book

01 Naming your own struggle with forgiveness

IN THE BOOK · PAGE 145

02 Ephesians 4:31-32 and Matthew 6:12

IN THE BOOK · PAGE 145

03 Matthew 18, the unforgiving servant

IN THE BOOK · PAGE 146

EPHESIANS 4:32

You are the first beneficiary

- 1 Unforgiveness is drinking poison and waiting for them to die.
- 2 It is not excusing, forgetting, or a quick formula.
- 3 Those who forgive carry less depression, anger and pain.

MATTHEW 18:21-22

What Forgiveness Does to You

Forgiveness is extended toward another person —
but the one who forgives is the one measurably changed by it.

PSYCHOLOGICAL

- Depression, anxiety and PTSD symptoms decrease
- Hostility diminishes; anger becomes manageable
- Lower risk of alcohol and substance abuse
- Healthier relationships
- A greater sense of well-being

PHYSIOLOGICAL

- Grey matter grows in the brain's ASTS
- Blood pressure and heart rate fall
- Stress and chronic pain reduce

THE MORE YOU FORGIVE, THE EASIER IT BECOMES.

The brain rewires to accommodate a forgiveness mindset.

UNFORGIVENESS IS POISON YOU DRINK YOURSELF

You are the first beneficiary

In the book

01 Forgiveness as a process, not an event

IN THE BOOK · PAGE 147

02 What forgiveness is not: excusing, forgetting, formula

IN THE BOOK · PAGE 149

03 Leaf's forgiveness mindset activation tips

IN THE BOOK · PAGE 147

MATTHEW 18:21-22

Becoming forgivingly fit

- 1 Begin with a commitment to do and wish no harm.
- 2 Refuse to speak disparagingly; silence feeds the forgiving side.
- 3 Small mercies daily: the cashier, the child, the horn unblown.

PROVERBS 17:9

Becoming forgivingly fit

In the book

01 Building forgiveness slowly, like muscle

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02 Begin with a commitment to do no harm

IN THE BOOK · PAGE 151

03 Every person unique, special, irreplaceable

IN THE BOOK · PAGE 151

PROVERBS 17:9

Forgive yourself, then speak it out loud

- 1 Self-loathing only ever leads to self-punishment.

- 2 Right the wrong, prepared for them not being ready.

- 3 A sincere apology, free of conditions, goes a long way.

2 CORINTHIANS 12:9

Forgive yourself, then speak it out loud

In the book

01 Calling on the Holy Spirit for help

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02 When forgiveness is hard, call on other strengths

IN THE BOOK · PAGE 154

03 Forgiving yourself, and the sincere apology

IN THE BOOK · PAGE 155

2 CORINTHIANS 12:9

Become a good finder

- 1 Choose to see the good; we are all imperfect.
- 2 A grudge only ever adds weight to the carrier.
- 3 It is to your glory to overlook an offence.

PROVERBS 19:11

Become a good finder

In the book

01 Opening yourself to love and compassion

IN THE BOOK · PAGE 157

02 Choosing to see the good in others

IN THE BOOK · PAGE 157

03 Proverbs 19:11 — to overlook an offence

IN THE BOOK · PAGE 158

PROVERBS 19:11

WEEK 10

BREAKING THE SHAME SHACKLES

He only deals with exposed things.



“Confess your sins to each other and pray for each other so that you may be healed.”

JAMES 5:16

He only deals with exposed things

- 1 The question at the throne: how broken will you admit?

- 2 Hiding builds the very wall that blocks transformation.

- 3 When God met their shame, He clothed them.

GENESIS 3:9

He only deals with exposed things

In the book

01 Getting Honest Before God

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02 Brokenness admitted, not managed

IN THE BOOK · PAGE 163

03 Why hiding keeps the shame alive

IN THE BOOK · PAGE 162

GENESIS 3:9

Guilt, shame and regret are not the same

- 1 Guilt says I did something wrong — and that is useful.
- 2 Shame says I am wrong, which is a lie.
- 3 Regret grieves a good thing that never came.

2 SAMUEL 12:13

Guilt, Shame and Regret

Three feelings constantly mistaken for each other —
and only one is telling the truth about who you are.

GUILT

A sense of legitimate
condemnation in response to
personal sin.

**“I did something
wrong.”**

Aimed at the behaviour, not the
person.

SHAME

A sense of illegitimate
condemnation in response to
suffering.

**“I am marred, inherently
unacceptable.”**

Aimed at the person, not the
behaviour.

REGRET

A form of grief for a reasonable,
good thing never realized.

**“I wish things had gone
differently.”**

Aimed at the circumstance, not the
person.

Guilt, shame and regret are not the same

In the book

01 Three portraits of shame in Scripture

IN THE BOOK · PAGE 164

02 The woman at the well, John 4

IN THE BOOK · PAGE 164

03 David's coverup, and the twelve-year hemorrhage

IN THE BOOK · PAGE 164

2 SAMUEL 12:13

Shame's symptoms and strongholds

- 1 Hiding, fear of exposure, perfectionism, withdrawal, contempt.
- 2 It attaches to suffering you did not cause.
- 3 Owning shame like guilt produces false condemnation.

PSALM 34:5

Shame's symptoms and strongholds

In the book

01 Eight symptoms, from hiding to negative self-talk

IN THE BOOK · PAGE 171

02 Shame as the source of strongholds

IN THE BOOK · PAGE 169

03 Isolation, loneliness, and lost self-esteem

IN THE BOOK · PAGE 169

PSALM 34:5

Know the truth and change the mindset

- 1 Freedom needs the root named; we fight the wrong enemy.
- 2 Accept real guilt, then choose transparency and vulnerability.
- 3 Re-identify: the old self-portrait was built on an event.

JOHN 8:32

Know the truth and change the mindset

In the book

01 Mindsets that break the shame spiral

IN THE BOOK · PAGE 173

02 John 8:32 — know the truth

IN THE BOOK · PAGE 173

03 Ten mindsets, named one by one

IN THE BOOK · PAGE 173

JOHN 8:32

Kintsugi: gold in the cracks

- 1 Traders hid cracks with wax, and heat exposed them.

- 2 The Japanese rejoined the pieces with gold.

- 3 The mended bowl is worth more than the whole one.

JAMES 5:16

Kintsugi: gold in the cracks

In the book

01 The traders' wax, and what heat exposed

IN THE BOOK · PAGE 177

02 Gold dust and resin, the Japanese way

IN THE BOOK · PAGE 177

03 Why the repair is displayed, never hidden

IN THE BOOK · PAGE 177

JAMES 5:16

WEEK 11

DARE TO DREAM

A dream doesn't drive you; it draws you.

"Where there is no vision, the people perish."

PROVERBS
29:18

Who left the back gate open?

- 1 We were made to dream, and then life let them out.
- 2 Stinking thinking and circumstance chase the dream down the street.
- 3 All my plans smashed — do you call that hope?

JOB 17:11-12

Who left the back gate open?

In the book

01 Who Left the Gate Open? — the story

IN THE BOOK · PAGE 182

02 The soap box car at 34 Galway Street

IN THE BOOK · PAGE 182

03 Job 17:11-12 — all my plans smashed

IN THE BOOK · PAGE 183

JOB 17:11-12

A dream doesn't drive you; it draws you

- 1 Imagination is the root, but action is the engine.
- 2 A dreamer who will not act rocks in a chair.
- 3 Thoughts, images, actions — the three things you control.

ECCLESIASTES 5:3

A dream doesn't drive you; it draws you

In the book

01 Imagination as the root of big dreams

IN THE BOOK · PAGE 185

02 Einstein: imagination over knowledge

IN THE BOOK · PAGE 185

03 Dreaming without action: a rocking chair

IN THE BOOK · PAGE 185

ECCLESIASTES 5:3

Two million to one

- 1 The brain does not distinguish the real from the vividly imagined.
- 2 Conscious thought fires thousands; the subconscious fires billions.
- 3 Vividly imagine, ardently desire, sincerely believe, enthusiastically act.

PROVERBS 29:18

Your Brain's Search Engine

The RAS filters millions of sensory signals and surfaces only what matches your declared intentions.

MILLIONS OF SENSORY SIGNALS

Sights, sounds, thoughts, opportunities.



FOCUSED AWARENESS

What you set your intention on, you begin to see everywhere.

THE RAS FILTER

Prioritizes what matches your goals and beliefs.

SET THE GOAL · THE RAS GOES TO WORK

Two million to one

In the book

01 Subconscious, RAS, and sowing and reaping

IN THE BOOK · PAGE 188

02 Two million to one: the filtering numbers

IN THE BOOK · PAGE 187

03 Imagine, desire, believe, then act

IN THE BOOK · PAGE 188

PROVERBS 29:18

Good dreams and God dreams

- 1 A God dream did not start with you; it was placed.

- 2 Too big to do alone. You cannot let it go.

- 3 Only two things last forever: truth and people.

PSALM 138:8

Good dreams and God dreams

In the book

01 Good Dreams, God Dreams — the difference

IN THE BOOK · PAGE 190

02 A God dream is bigger than you

IN THE BOOK · PAGE 190

03 God dreams are built on human need

IN THE BOOK · PAGE 192

PSALM 138:8

Your Kadesh Barnea moment

- 1 They stood at the border and preferred known bondage.
- 2 Rumour, hearsay and popular opinion stole the promise.
- 3 Be separated from the herd; be the original He made.

2 CHRONICLES 16:9

Your Kadesh Barnea moment

In the book

01 Kadesh Barnea: the border and the report

IN THE BOOK · PAGE 195

02 Security of bondage over unknown leading

IN THE BOOK · PAGE 195

03 2 Chronicles 16:9 — eyes moving to and fro

IN THE BOOK · PAGE 194

2 CHRONICLES 16:9

WEEK 12

RESTORING THE SOUL

Does your soul have a sure anchor?

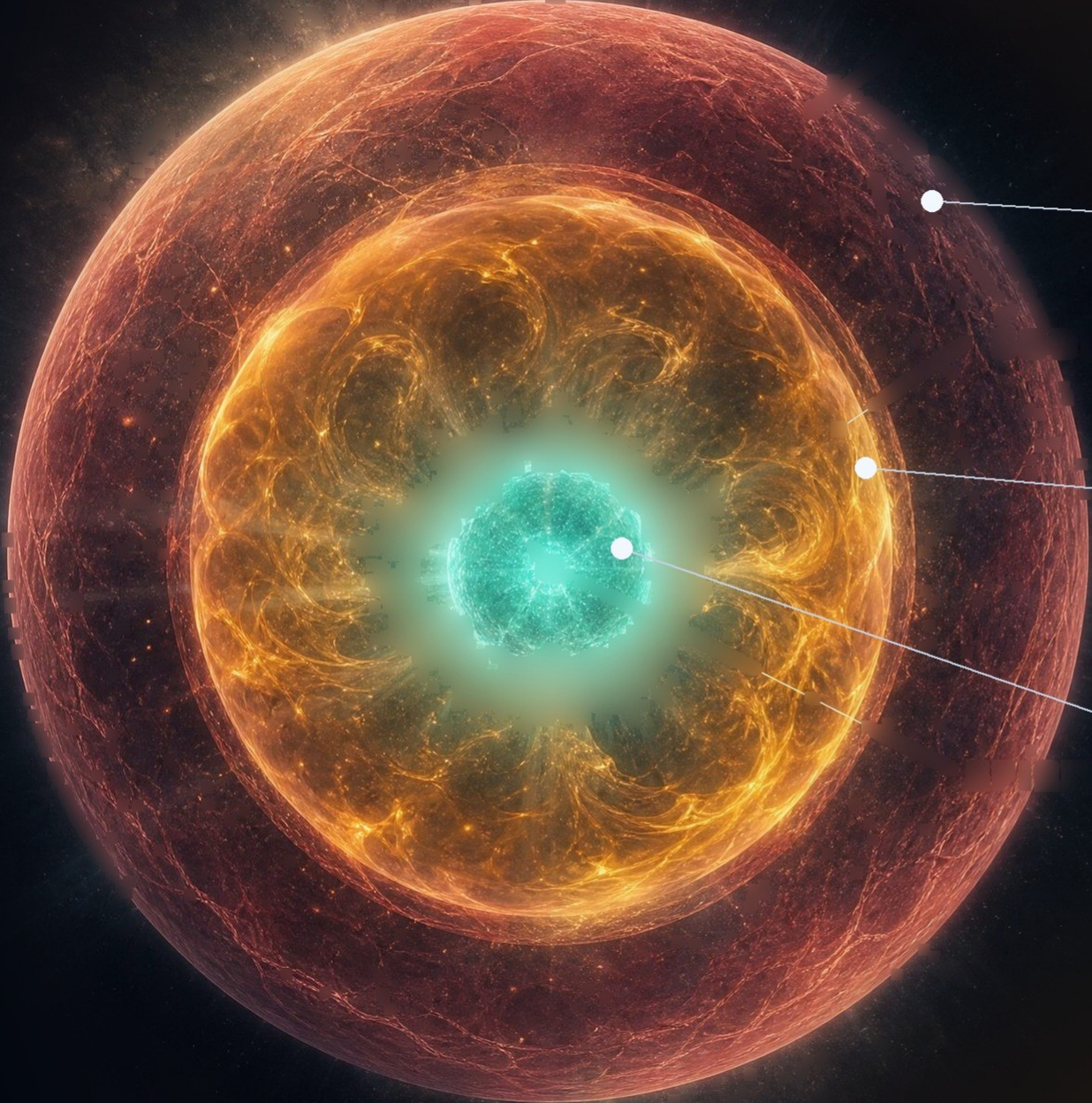
"Come to me, all you who are weary and burdened... and you will find rest for your souls."

MATTHEW
11:28-29

Three parts of man, and a sure anchor

- 1 Spirit contacts God; soul is mind, will and emotion.
- 2 The body is the vessel that carries both.
- 3 Spafford lost four daughters and wrote “It is well”.

1 THESSALONIANS 5:23



BODY

the outer shell — what everyone sees

SOUL

mind, will and emotions

SPIRIT

where God meets you

Three parts of man, and a sure anchor

In the book

01 Spirit, soul and body distinguished

IN THE BOOK · PAGE 199

02 The Spirit as our connection with God

IN THE BOOK · PAGE 200

03 Matthew 11:28-30 and rest for your souls

IN THE BOOK · PAGE 199

1 THESSALONIANS 5:23

The soul is your very self

- 1 The Greek word for soul is the root of psychology.
- 2 What good is the world if you forfeit your self?
- 3 Sanctification moves outward: spirit, then soul, then body.

MATTHEW 16:26

The soul is your very self

In the book

01 The Soul Is Our Very Self

IN THE BOOK · PAGE 204

02 Psuche: the root of the word psychology

IN THE BOOK · PAGE 204

03 Matthew 16:26 and Luke 9:25 compared

IN THE BOOK · PAGE 205

MATTHEW 16:26

The Keeper of the Stream

- 1 A hidden man cleared the springs above an Alpine town.
- 2 The council saved his wage, and the water turned.
- 3 The stream is your soul, and you are the keeper.

GENESIS 2:7

The Keeper of the Stream

In the book

01 Who the hidden keeper was

IN THE BOOK · PAGE 207

02 The Alpine town and its stream

IN THE BOOK · PAGE 207

03 What the keeper's work stands for

IN THE BOOK · PAGE 209

GENESIS 2:7

Sin dis-integrates the soul

- 1 The soul integrates mind, will and emotion into one life.

- 2 The middle letter of sin is I.

- 3 Double-minded reads, in the Greek, as split-souled.

JAMES 1:8

Sin dis-integrates the soul

In the book

01 Sin as the root of a disintegrated soul

IN THE BOOK · PAGE 210

02 Integration, and what splits it

IN THE BOOK · PAGE 210

03 James 1:8 on the double-minded

IN THE BOOK · PAGE 211

JAMES 1:8

Hurry is the great enemy of the soul

- 1 Hard ground, shallow soil, or good seed among weeds.
- 2 If he cannot make you sin, he will make you busy.
- 3 No soul has ever thrived hurried.

MATTHEW 11:28-29

Hurry is the great enemy of the soul

In the book

01 What it means to lose one's soul

IN THE BOOK · PAGE 212

02 A diagnosis, not a destination

IN THE BOOK · PAGE 212

03 Hurry, busyness, and the enemy's substitute

IN THE BOOK · PAGE 213

MATTHEW 11:28-29

Thirst was never the problem

- 1 A dehydrated soul tells you — restlessness, dissatisfaction, exhaustion sleep never cures.
- 2 She came for water. Jesus knew she was thirsty for something far deeper.
- 3 You cannot manufacture the water or earn it. You simply have to come.

JOHN 4:13-14

What Does a Thirsty Soul Look Like?

Your body tells you when it needs water.
The soul does exactly the same thing.

THE SIGNS OF THIRST

- Restlessness that will not settle
- Constant dissatisfaction
- Exhaustion that sleep never cures
- The relentless need for approval, achievement, recognition
- One more relationship, one more distraction

WHERE TO DRINK

“Whoever drinks the water I give them will never thirst.”

JOHN 4:13–14

You do not have to manufacture the water.

You do not have to earn it.

You do not have to pretend you are not thirsty.

You simply have to come.

THIRST WAS NEVER THE PROBLEM. KNOWING WHERE TO DRINK IS.

The final step toward becoming ExtraOrdinary is not another principle. It is a Person.

Thirst was never the problem

In the book

01 What a thirsty soul looks like

IN THE BOOK · PAGE 217

02 The woman at Jacob's well — John 4:13–14

IN THE BOOK · PAGE 218

03 Water gets into places we cannot reach

IN THE BOOK · PAGE 218

JOHN 4:13-14

TWELVE WEEKS ON

You were made for more than ordinary.

