

# The 10 Principles of **NEUROPLASTICITY**

**01**

Use it or Lose it

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**02**

Use it and Improve it

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**03**

Specificity Matters

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**04**

Repetition Matters

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**05**

Intensity Matters

**06**

Time Matters

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**07**

Salience Matters

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**08**

Age Matters (sort of)

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**09**

Transference (Generalisation)

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**10**

Interference

**Read the full blog on our website to find out more!**

