

# 10 FACTS ABOUT YOUR MIND THAT WILL CHANGE THE WAY YOU DO LIFE

- 1. YOU ARE NEITHER YOUR THOUGHTS NOR YOUR MIND.** You are the one who is listening to your thoughts, who is aware of your thoughts and who hears your thoughts. You are the one who is aware of your mind. Say, "Hello" to yourself in your mind. You're the one who heard yourself say, "Hello".
- 2. CHANGING YOUR THOUGHTS WILL ULTIMATELY CHANGE YOUR EXPERIENCE.** Thoughts lead to emotions which lead to actions which lead to your experiences. Read that again. Thoughts trigger emotions, which cause actions, which result in your experience. That's not positive thinking or some hocus-pocus sh\*t. That's what happens in your body.
- 3. YOU ARE ON AUTOPILOT 95% OF THE TIME.** Operating unconsciously. Like a tape recorder on repeat, your brain in its extreme efficiency, gets better and better at thinking the same thoughts. Given what you now know about thoughts, is there anything on that tape recorder that you'd like to change?
- 4. YOUR MIND CAN CHANGE THE PHYSICAL STRUCTURE OF YOUR BRAIN.** When you are young, your brain is formed through your experiences, your environment and it's natural development. Then, your mind - your thoughts, perceptions and beliefs - is formed by your brain. And now, you can use your mind to RE-form your brain!
- 5. WHAT YOU FOCUS ON IN YOUR MIND GETS STRONGER.** Where your attention goes, your energy goes. Whatever fires together in your brain, will wire together in your brain. What you think about grows. Thoughts are like seeds that need to be watered with 'focus'. Focus on success, and more mental real estate will be attributed towards success. Focus on failure? Or Fear? Or anger? Same thing - More grey matter will be devoted to it.
- 6. MINDFULNESS DEVELOPS AWARENESS.** Developing awareness means you learn to observe your mind (Which is the brain in action) instead of identifying with it as the supreme expression of who you are. You learn to exercise choice. You learn to have more control over your patterns rather than letting your patterns control and dictate your life.
- 7. YOUR BRAIN DOESN'T KNOW THE DIFFERENCE** between pictures that you imagine in your mind's eye and pictures that you actually see in front of you. Your brain doesn't know the difference between a dream, a fantasy and real life. This means intentionally visualizing what you want in life will begin to create the thoughts, emotions and actions that are aligned with that image. What are you picturing?
- 8. YOUR BRAIN PROCESSES 400 BILLION BITS OF INFORMATION PER SECOND.** You are only consciously aware of 2000 of those bits. It would be wise to always recognize you are never seeing the whole picture.
- 9. YOU SEE WHAT YOU ALREADY BELIEVE.** Not the other way around. What you believe will powerfully direct what your brain sees in any given moment. Considering that it is impossible to see the whole picture, your version of reality is always limited and biased. So it could be wrong. You NEVER see anything fully and so there is ALWAYS room for you to be wrong.
- 10. YOU HAVE A HUGE SAY IN HOW YOUR BRAIN CHANGES!** (or doesn't) Your brain houses all skills, mannerisms, mindsets and abilities. That means whatever skill, mannerism, mindset or ability you want to learn, you can! You have the ability to do so. You have the power of choice. By choosing to think different thoughts you can direct how your brain changes.