

Another FREE Personal Development Article

From LifeHappens

You Always Get More of What You Focus On

By Paul Dalton

"Whether you think you can or think you can't, you're right." – Henry Ford

The words you use to communicate with yourself have an enormously powerful effect on your nervous system. They can build you up or they can knock you down. That little voice in your head that chatters away to you all day long plays a major part in determining the quality of your self-image which, in turn, is responsible for telling you what you think of yourself.

Your subconscious pays attention to what ever you say internally and, be it true or not, acts on your communication as if it's an undeniable fact. Therefore, when you say something like "I can't do it", your subconscious instructs your nervous system to respond appropriately and shuts off access to the parts of you that potentially can do it. If on the other hand you were to say, "I'm committed to improving my current ability", you set yourself up to recognise possibilities that otherwise would have been ignored.

The questions you ask yourself can be quite destructive if used negatively. For example, if you were to ask, "Why does this always happen to me?", not only are you likely to be making an over-generalisation, but your subconscious will dutifully go on a search and seek out any evidence that supports you in believing the notion to be correct, even if it has to make some stuff up!!! Alternatively, a more positively phrased question such as "how could I change my approach to get a better result?"

causes you to shift your attention away from failure and toward success.

There is an expression in my line of work that says, "You always get more of what you focus on". This can be applied to any area of your life. Too many people focus on what they do not want to happen: "I don't want to be fat", "I don't want to be poor", "I don't want to look stupid"... However, in order to know what it is that you don't want in your life you first have to make a vivid representation of it in your head. The pictures you paint in your mind are even more powerful than the words you use. Your subconscious always interprets mental images as targets to aim for, even if the image is not your desired outcome. The more you think in these terms the stronger you will be subconsciously steered towards the very thing you want to avoid.

If athletes give their best performances by imagining themselves winning over and over again, why not start instructing your subconscious to go and get the things you desire by focusing your attention on exactly what you DO want to happen? Let yourself daydream about how great life could be if all your self directed communication and imagination were creating the opportunities you need to live your wildest dreams.

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