

## **You get what you wish for**

**By Rebecca Wells, Clear Horizon Coaching**

Whether you like it or not, your subconscious spends literally hours a day thinking about situations and outcomes that actually hinder your success and happiness.

You might be considering relationships that are getting you down; a career that you don't enjoy; people who de-value you; over-spending; gaining weight; beliefs in your (perceived) lack of ability – the list is, of course, endless.

What you do consciously is only the tip of the iceberg and the majority of your mental activity takes place at the subconscious level. Despite it operating beneath the surface, the subconscious is phenomenally powerful and spends much of its time actively looking for exactly what *you tell it* to find.

### **What does that actually mean?**

In a nutshell, if you are running negative thoughts or focusing on what you **don't** want in your life, it is almost guaranteed that those outcomes will come to fruition.

Let's take an everyday example. If you say to your partner, "Don't *forget* to put the bin out" you are telling their subconscious to forget!

A much more effective way of ensuring the outcome you want is to be direct and tell your partner's subconscious brain exactly what you want to happen i.e. "*Remember* to put the bin out." I dare you to try it out and see what happens!

It is essential that both your conscious and subconscious are aligned and actively seeking out the same outcomes.

Logically (consciously) you may think you can successfully apply yourself to a task but if there is even the smallest doubt in your mind, which will linger at the subconscious level, you will inevitably sabotage yourself and you will not be successful.

### **So what can you do?**

Stop yourself as soon as you hear your inner monologue running a negative thought process.

Listen out for the words, "I can't..."; "I ought to..."; "I'm not good enough..."; "I'm not confident enough..." and stop yourself in your tracks.

Decide what it is you DO want and then re-jig your thought process and start telling yourself what you CAN do and focus on what you DO want.

It is incredible but such a simple adjustment to the way you think can have a profound positive effect on the outcomes and results you are getting in your life.

If you want to be more aware of, and change, the negative thought patterns that you run, get in touch with us today.

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