4: Get out of your own way

Let's face it, we all have more than one side to us.

We have our motivated side, driven and goal-oriented and typically taking care of our work tasks. We have our loving and caring side that we wear when we want to show affection to the ones we love. We have our dreamer side that forward-plans for us, sometimes creating almost impossible, but desirable, goals. And, of course, we all have our negative side; the part that doesn't believe you will succeed and will remind you about it at any given moment.

Now, if you let that negative facet rule the roost, you would be a pretty miserable individual. Your dreams would feel unattainable, your productivity would feel diminished and your ability to love and care for those around you would be muted.

So, it would be fair to say that for optimal results (in life) we would want to minimise the amount of time that part of us is in control.



Sometimes we don't even know who is at the helm. And why would we? Thinking too much about it causes 'analysis paralysis'.

However, the question to ask is:

Are you creating or are you reacting?

We're always creating our own lives, whether that be physically or mentally. But more often than not, you can find yourself reacting to your environment.

Let's take something as simple as this. When you start the day, are you reacting to your emails and notifications, or are you planning and creating opportunities for the day?

When you spend too much time reacting, your brain gets into a heightened state of panic and the negative side of you becomes more prominent. You might find yourself using phrases like 'bad things come in threes...'

Really? Why?

That saying alone invites another two negative situations after you've dealt with the first. Yet we continue to do it. At times we wear our 'firefighting' skills like a badge of honour, because life has taught

us it's going to throw stuff in our direction and we congratulate ourselves for making it through. Crikey, Elton John even sang a song about that!

You might still be standing, but are you creating? Or are you still reacting? There's a rewrite of those lyrics for you.

When we are constantly reacting to our environment, we tend to overthink things. We attempt to pre-empt disasters before they happen. This is the basis of anxiety. And reacting and overthinking get in the way of progress.

So, how do you get out of your own way?

Our minds work on both conscious and subconscious levels, the former being our daily decision-making pilot, and the latter our smarter, hardworking employee that works away in the background and achieves more than our conscious mind will ever know.

Our conscious mind is easily distracted and most affected by emotions in the short term. As the pilot of our ship, it encounters many problems that our subconscious mind is equipped to solve through lateral thinking. The issue here is that we tend to identify with the conscious mind, and resist allowing







the subconscious co-pilot to take the helm. Our subconscious mind will be fired up to work out a solution, but our conscious mind just says, 'Fuck that.'

Basically, to get out of your own way, **you must let your subconscious mind do its job and problem-solve for you.** Don't let your conscious mind become a self-destructive force.

We've all done it. You're working towards a plan of good health, you've been training hard, but you've had a long day at work and you're tired. Maybe you were supposed to be exercising that evening. And then your conscious mind starts to make stupid decisions that your subconscious mind would kick its ass for like: 'Oh, you've had a long day and are a bit too tired to train.' Your emotions take over and you allow yourself to be convinced that it's okay not to train because you're tired. Poor you.

We often think we know what's best for us, our pilot airing a sense of superiority while the subconscious advises gently, 'Are you sure you want to do this? You'll regret it tomorrow.' Sure enough, we wake the next day and wish we had trained the night before. We feel flat because we have neglected our goal. We feel like we have failed.
We got in our own way.





When you set goals, you are telling both parts of your mind that this is important to you.

Place value in what it is you are trying to achieve.

Set out a plan of action.

While we are aware of what our pilot is doing, our subconscious mind is beavering away in the background on hundreds of smaller tasks that all help towards that goal.

So, **in order to stick to the damn plan**, it's important that your conscious mind does exactly that – and does not waver with emotion, or let itself be swayed by comfort. If it was important to you when you set the goal, it should always be important to you.

Get out of your own way and

stick to the damn plan!