

YOU SEE WHAT YOU WANT TO SEE, SO WHY NOT SEE BIG RESULTS?



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Have you ever had the same thing happen to you time and again? It seems that every time you're in a particular type of situation, you can almost predict the results. If 'A' and 'B' are present, you know 'C' is right around the corner.

You've seen it happen so many times before. You begin to expect the predictable result you think is inevitable. This can sometimes cause you to act in such a way that guarantees 'C' is the only possible outcome.

This happens because of the way your subconscious and conscious minds work.

Your conscious state only deals with what's happening right now. Its job is to check things out and watch what's going on. This leads to conscious choices. What a lot of people don't know is that those choices are more than likely driven by the subconscious mind.

Your Conscious Mind Passes Information to the Subconscious

Your conscious mind is aware of what's happening right now. It takes any information it deems important and passes it to your subconscious. The subconscious then goes to work on that data.

It stores away what it believes might come into play later. It expends a lot of energy studying, storing, and managing all this information. Neurologists believe that as much as 95% of our brain's activity happens unconsciously.

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This means most of your conscious actions are driven by subconscious thoughts and beliefs.

Now let's get back to our example above. Years or maybe even decades ago, you saw the presence of 'A' and 'B' predict the eventual arrival of 'C'. Without you realizing it, that information was passed to your subconscious.

Then maybe it happened again weeks or months or years later.

This time, your subconscious sees the exact set of variables leading to the same conclusion. It starts to believe that this is always going to occur. Incidentally, your subconscious has no opinion. It can't even tell reality apart from imagination. It simply takes information and stores it away. Then that information is used to tell you how to act in the future.

Fast forward several decades.

When you see a set of circumstances building up, your subconscious jumps the gun. It instantly tells you what it believes is going to happen because of what it has seen before. Since your subconscious controls 95% of your behaviors and actions, guess what happens? You start to do things and take actions that are necessary for the predicted result to appear.

In other words, you see what you want to see.

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Why Not See Big Results Instead of Predictable Outcomes?

What's notable here is that you can change the outcome. Your subconscious works on what your conscious mind gives it. So the next time you see 'A' and 'B' and your subconscious tells you to get ready for 'C', tell it to stop.

Consciously imagine a different result.

Ask yourself what would happen if you could create an outcome bigger than 'C'. Consciously tell your subconscious that bigger and better results can accompany 'A' and 'B'. You think about a bigger reality and you give that information to your subconscious.

Don't be surprised if this simple exercise creates bigger, more positive outcomes than you've previously experienced. Those bigger rewards get reinforced by your subconscious. It sees that there are multiple outcomes available even though previously that wasn't the case.

Since it doesn't have an opinion, it simply records the data.

This is how high achievers get the most amazing results when nobody else could. They often use the exact same ingredients as others, but they create much bigger and more impressive rewards. You're going to see what you want to see in life. So why not choose to see big, positive results rather than the predictable outcomes you've produced in the past?