

You Get What You Focus On How Your Mental Chatter Can Ruin Everything

By Rebecca Wells

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*.

So 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.

If when going in for a job interview at work you say in your mind, "I don't think I'll be taken seriously for this promotion" you are confirming to yourself that you'll be passed over!

A much more effective way of ensuring the outcome you want is to be direct and purposeful about what you *do* want to happen, "My experience is second to none and I am going to nail this interview". Now that is self-talk likely to win you your outcome!

It is essential that both your conscious and subconscious are aligned and actively seeking out the *same* outcomes. There's no use setting yourself a goal in your conscious, rational mind only to have your subconscious thoughts and beliefs sabotage you.

So What Can You Do About It?

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. Re-jig your thought process and start telling yourself what you *CAN* do and focus on what you *DO* want. It is incredible how such a simple adjustment can have such a profound positive effect on the outcomes and results you get in your life and career.

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

About The Author – Rebecca Wells



Rebecca Wells is a Career Coach and Strategist passionate about arming her clients with practical tools and strategies to help them lead their most fulfilling lives and careers.

Her specialties lie in the areas of 'self-promotion in the workplace' and 'strategic career advancement'.

She is a Certified Personal and Corporate Coach and NLP Master Practitioner and has been coaching since 2005.

Prior to establishing Clear Horizon Coaching, Rebecca worked for many years in London's advertising industry, as an Account Director managing global and regional Marketing Directors and projects for the likes of HSBC; Cadbury Schweppes; Kimberley Clark; and Pfizer and is fully aware of the stresses, strains and satisfaction associated with getting ahead in the corporate world.

Clear Horizon Coaching

The Clear Horizon Coaching team runs workshops and executive coaching on a selection of topics including:

- How to Raise Your Profile in the Workplace To Get Ahead
- Building Presence: Effective Meeting & Presenting Skills
- The Vital Steps to Success: 12 Strategies To Elevate Your Career This Year

We also offer 1-1 private coaching to individuals looking to raise their profiles in the workplace; gain promotions and pay rises; and move into more fulfilling roles.

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