



The Killer of all Goals

You will not get what you want until you make Comfort your slave, and not the other way around

Things to do:

Do things regularly to practice being present

Meditation

Sports

Fly Fishing

Prayer

Juggling

Stretch your thinking

Work with constraints - add them or remove them

Stretch your activity

You can do way more than you think. You can probably do a lot less and be more effective too.

Schedule

You must schedule that which is important.

Old patterns will not create new results

Conscious mind - you get more of what you focus on.

Sub-Conscious mind - it's an autopilot and will go wherever you tell it, without judgement. Reticular Activating System

Self-Image - you are who you think you are

Our stories are made up and control us. As long as you believe your stories, you are stuck

Depression - Inhabiting the past

Anxiety - Inhabiting the future

Present is where all your power us

Goal Killer: Comfort

Decimates our dreams, keeps us stuck in the crap

We want comfort for two reasons

1. Neuro Science

2. Socialization

You won't get what you want without discomfort

You're not here to be comfortable

You're not here to be numb

Think about your best moments - they were hard and they were awesome

Being uncomfortable is painful. Not getting your goals is painful. Pick your pain.

We have an evolutionary impulse to be better than we were a moment ago.

Big Bang

13.7 billion years ago a singularity burst into expansion. What was it thinking just before it did that?

Creation

God created the heavens and the earth. What was the thought just before that.

Be more than you were a moment ago. You are an expansion and a creator.

So if that's the case, you need a new story

1. Dream

2. Struggle

3. Victory

Take any one of these out of the story and it sucks. You need the Struggle.