

Break the Ice and Save Yourself



There was a boy playing with his friend on ice during winter in a European country. Suddenly his friend fell through thin ice. Boy was frantically trying to save his friend. The boy could see his friend through the thin ice but couldn't reach him. He tried to break the ice but couldn't. He looked around and saw a tree in the distance ran and got up on the tree, pulled and broke a huge dry branch from it. He came back and started beating the ice with the tree branch. He broke the ice and miraculously saved his friend. When the paramedics came, they were able to revive the boy and save his life. Afterwards the paramedics were curious to find out how this tiny little boy managed to climb on a tree and break a huge tree branch and then break the ice and save his friend. The whole

scenario seemed impossible to them. Then an old man who was there with them said "I think I know how the boy did it". "How?" asked the paramedics. The old man answered - **"He did it because there was no one there to tell him that he couldn't"**!

Have you ever summoned all your mental energy and motivation to start a project that you have been postponing for a long time? You have drafted an action plan and have given yourself a prep-talk and convinced that you will see this project through. And yet suddenly you hear a voice in your head saying *"it is not practical for you to achieve this"* or *"remember, you have tried it before and it didn't work, so why waste time?"* What is this "internal voice" that you hear every time you want to challenge yourself and move forward? This is your **mental conditioning** - it is pulling you back to prevent you from leaving your comfort zone.

When we are faced with a challenge, usually we put ourselves in to a "defensive mode (Safety mode)". In our defensive mode we have enough excuses and justifications, made out of our own belief systems, our previous experiences, attitudes, and our habits. So, what could have happened to you, if you were like the boy in the story, who didn't know how to fail, who believed in himself that he could achieve his goal?

Compete with the right competitor

We can see companies spending millions of rupees on advertisements, trying to compete with each other in the same industry yet have failed to recognize the loop holes in their own companies. Similarly, when it comes to individuals, some of us waste lot of emotional energy and time trying to compete with each other and end up getting so exhausted and left with no energy to invest on ourselves. Remember, your main competitor is you (whether you are a company or an individual).

Train your subconscious mind

Changing and improving yourself is a full time job. Train your subconscious mind to believe in you. Train your conscious mind to get directions from no one else but only from your subconscious mind. Your mind is very powerful. It is like the power locked in the atom. You have to learn to release that power and apply it constructively if you are to become a successful person.

How often?

How often do you have to train your subconscious mind? You train it, until you get your results. You keep hitting the ice until you break it and save your friend. Ask yourself at the end of each day “did I do what I planned to do today? Did I give my best today to reach one step closer to my goal? Remind yourself not to leave your home without the determination of having a successful day. Not only what you do every day matters, but also what you do every hour, what you think of every minute and every second matters as you are on a journey to success.

It is easy when everything is smooth

It is easy to have faith in you and your abilities, when you have good health, when your key relationships are going well, when you have enough money and your job is secure. It is hard to have faith in you when you are losing your job, when your marriage is falling apart, when you have just lost your life savings or your boss is threatening to fire you. But that’s when you are really challenged with your abilities, skills and more importantly, faith in yourself!

Have Faith in Yourself

Take a minute and look at yourself. You have everything you ever have and ever need to reach your goals – your skills, your attitudes and your thoughts. You are born with these essential ingredients for success within you and all you have to do is to have faith in them and use them to their maximum possible capacity. Often we create barriers between what we are capable of and our goals. These barriers are mental/imaginary barriers that keep us in our ‘comfort zone’, feeding us excuse after excuse to trap us in our ‘defensive mode’. Next time when you talk yourself out of experiences that will take you further in your journey, when you permit yourself to procrastinate and when you defend your inactions towards a goal with excuses – realize what you are doing! Catch yourself before you condition yourself to mediocrity and a long list of unattained goals – you CAN do whatever you set out to achieve. Begin the process by having faith in yourself!

Nuwan Samarapathi

Personal Development & Corporate Trainer

NLP – Master Practitioner & Coach (USA)

B.Com- Marketing (AUS)

www.promindsweb.com

0773 66 00 94