

Rock Your Brain Rock Your Life

Episode 35: How To Accelerate What You Want

Welcome to "Rock Your Brain. Rock Your Life" the only podcast that teaches the cognitive tools and strategies you need to be massively successful without stress, overwhelm, or burnout. Here's your host, master entrepreneur, and certified life coach: Sarah Moody.

Hey, rockstars, how y'all feeling today? In case you missed last week's episode, I announced the publication of my first book! So I'm doing amazing as I read the reviews and remember why I wrote it: to teach you powerful cognitive tools to get unstuck and start loving your life today, without changing anything in your circumstances or your life. Remember y'all this work is an inside job. You probably already know the title; it's "Rock Your Brain. Rock Your Life." and it's available on Amazon in both Kindle and paperback and will be available in many other places soon. And I had so much fun writing this book; so it's got awesome cognitive tools, worksheets, thought exercises, many of the most powerful cognitive tools that I teach. It's awesome. So go order yourself a copy right now, and if you love it, thanks for leaving a review. Here's one of the reviews that I was just reading this morning:

"Five out of five stars. Sarah has captured and simplified the science and process for it. Sarah has captured and simplified the science and process for becoming your best self. I loved that she seems to have created this for herself and turned her research and experience into a repeatable, practical, proven way to improve the way you feel and behave based on the life you want to live. I highly recommend this book. It's a quick, powerful life-changing read."

Yes! So good, right? So in today's episode, I'm going to be covering a *new* tool we're using in the rockstar program to accelerate our goals and dreams and get what we want in life. So dreams and goals require you to believe that X, what you want, is possible before you have proof. In fact, our dreams and goals require you to ignore a lifetime of proof and brain bullshit that you can't achieve X, right? So today I'm going to take the tool I covered in episode 19 of the podcast, titled your future self.

I talked about the concept of your future self as an image of you in your own movie or play and this could be the future you five minutes from now, tomorrow, five years from now, 10 years from now, like any you in the future. So when you think about your future self, you develop and establish a relationship with yourself in that place. She's a wise bad-ass. She will tell you exactly what you need to start doing today to get there or stop doing today, to get there. So this tool engages your prefrontal cortex or your CEO brain and will align your actions today with your vision of your future life. This tool, the future self tool is how last year I started this life coaching business, I wrote that book, and I started this podcast. It's so amazing. So as you know, change is inevitable in every part of your life and that is why the power of thought work and shifting belief in yourself in the direction you want to go, i.e. your future, is so important. So this week, I'm going to cover a new tool.

So it's going to be visualization and harnessing your future self, but within the container of each of your goals: career health, fitness, relationships, money, travel, all the things. And yes, the brain nerd in me will remind you frequent listeners that the reason I'm so sold on the power of visualization is because of brain science, because of research, y'all. So today I want to cover the power of visualization because of your brain's reticular activating system or RAS for short. Your RAS is located at the base of your brain, where it connects to the spinal cord. Your RAS thinks in pictures, not words. And this fact is very important because your RAS influences your thinking, right? Your thoughts. And it's basically a filter for the roughly 8 million bits of information subconsciously flowing through our brains. In other words, the RAS eliminates the white noise. So when a message gets past the RAS filter, it enters the brain and is converted into conscious thoughts, feelings, or both. So the brain will not respond to a message unless the RAS allows it. So think of your RAS, like Google, the search engine. There are millions of websites out there, but you filter out the ones you're not interested in simply by typing a keyword. Tada, how cool is that?

So what messages get through to the RAS? Pretty much just the ones that are currently important to you. For example, if you're focused on preparing for speaking engagement, then your RAS is going to filter in thoughts around the presentation. If you're visualizing your cool new office or your new tech company or becoming a vegetarian or getting the promotion, those are the keywords, how cool is that? Your brain is so effing cool. So with brain science behind us today, I'm going to teach you one tool to get what you want around your goals and dreams and how to use it daily. This tool is called living your future self and it is visualization plus a picture of you with a goal and a dream you want to achieve next month, this year, five years from now, you name it and the goal is complete, right? This is a picture of a dream you made a reality. Done. And this part is important: it's already your reality.

So when we visualize the goals as complete, it creates a conflict in our subconscious brain between what we're visualizing and what we currently have. And our brains are hardwired to resolve such conflicts by working to create a current reality that matches the one we've envisioned. How amazing is that? So remember the RAS thinks in pictures, not words. Daily visualization feeds the RAS the pictures it needs to start filtering information for. So as a result, your RAS will start to pay attention to anything that might help you achieve your goals. Say, for example, you want to launch a company at the end of 2021. The benefits of having a visual representation that you look at daily has the following four benefits.

Benefit number one, it activates your brain's creative subconscious. All those brilliant ideas you have percolating inside that maybe you judge or ignore or have doubt with your thoughts now have to be faced for the brain to reconcile the conflict in your subconscious between what you're visualizing and your current reality. For example, your brain comes up with an idea of the types of folks you want to be your advisors for the company.

So here's benefit number two. Visualization programs and rewires brains to see and recognize resources you need to achieve your goals. So in the case of the new company and the board of advisors, your brain's going to start going hunting for those advisors.

Here's benefit number three. Visualization activates your brain's attention to focus on the thoughts and feelings you need to reconcile between today and your reality and what you're visualizing. So this is where you're going to do thought work and building belief in yourself every day.

Benefit number four is visualization builds internal motivation to take massive action. Visually seeing an image of your goal and your future self fuels, massive action towards you creating that result in your life. Boom. You're on your way. So for athletes, and I know many of you are super amazing athletes, you know this process of visualization, it's called mental rehearsal. And athletes have been using these exercises since the sixties when we learned about it from the Russians.

So here's my simple formula to get what you want. Visualization plus images of your goal with you in it equal results. So we talked about the power of visualization, now let's talk about how to create a picture of you with a goal and dream. And no, these are not mood boards. So you're going to create a picture of yourself with your goal as if it were already completed. Say you have a goal to start a new company. You're going to create a picture of you in an image representing that company. Or say you want to own a new car, take your camera to the dealer and have a picture taken of you sitting behind the wheel. Or say you want to earn X dollars in 2021, print out your bank statement, and put X dollars in the deposit column.

One of my students wants to lower her carbon footprint so she created a picture that includes foods to eat, how to travel, and it even includes a service to track her carbon footprint. How cool is that? I want my new book, "Rock Your Brain. Rock Your Life," to be a New York Times bestseller. So I have a picture with a list of current bestsellers and mine is on the list in their font. Oh my God. It's so cool. So in The Rockstar Program, some of us are using Pinterest to create these pictures, others are using images from Google or just good old-fashioned pen, paper, and art supplies. It's your decision.

So notice, I said, you have to see and feel daily that you've already achieved this goal. No wishing and hoping it will happen. And living from that, like wishing and hoping place. You have to live daily from the future state of "I crushed this goal, my dreams materialized." So here's your easy two-step daily practice with your pictures and visualizing your goals and dreams already accomplished. And if you meditate, the recommendation is to do this work immediately after, as your deepened state will highlight the impact of the visualization.

So step one each day: look at the picture of your goal with you in it, and use thought work to manage your brain around the goal. So you need to step into some level of belief today. And for each goal, I recommend two thoughts. Number one is your current belief such as "I'm open to believing my first book can be on the New York Times bestseller list." And then your goal thought, which is "I'm a New York Times best-selling author!" Your work is going to be to keep shifting belief each day and taking massive action until you get to the goal. For me, it will be to keep shifting belief until I create the result of being a New York Times bestselling author.

Step number two each day is I want you to write, say, and feel the goal. So you're going to write down your goal. You're going to say it out loud. And you're going to feel it in your body. So for me, I write I'm a New York Times bestselling author. I say it out loud. And the feelings will be the feelings that you will feel the day you've achieved your goal. And you're going to start feeling those feelings today in your body, right now. Say, for example, it's peaceful, it's proud and maybe the sensations in your body are like warm and spacious. So you're going to feel those feelings today and to multiply the effects you can add sounds, smells, and tastes. So for example, I created a picture for the home I will own in Telluride, Colorado in 2022 and it includes Aspen trees that smell a little dusty, the sound of the San Miguel River that runs through Telluride, and the taste of my favorite tacos at Taco Del Nar, which are braised pork belly, sun-dried tomato, and basil, and they're completely insane.

So brain research has revealed that images or scenes that are accompanied by feelings will stay locked in our memory forever. So the more passion, excitement, and energy you muster during visualization, the more powerful the result will be. Once you visualize each goal as complete, it's time to release the goal, let go of it, and spend the rest of your day being in the now, the present moment, directing your brain with powerful thoughts and using your useful feelings, such as proud, peaceful, discomfort, whatever those feelings are that will help you take massive action to create those results and build belief in yourself.

Okay, y'all. Put 10 minutes on your calendar and try this: create one picture of a goal with you in it. And that's really important. Put a photo of you in it and then spend 10 minutes and I want you to write and do some thought work about it. I want you to say it out loud. I want you to feel the feelings in your body of what you're going to feel that day when you achieve that goal. And I want you to start living from that place today. All right, y'all I'm so proud of you. I know you can do this and if you want support to get unstuck, even just identify some big goals and dreams and start crushing them and just loving your life, you need to come join The Rockstar Program. It's the only place I know of where we show up every day for ourselves and each other and we're going to blow our own minds in 2021. Okay. I'll talk to you next week. I love you. Bye.

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