FOCUS ON THE OUTCOME, NOT THE PROBLEM

Today I want to talk to you about your brain and a little bit of brain science. I want to begin by reading a quote from a book called Your Brain at Work by David Rock. This book is excellent and it can be really helpful to you to learn how your brain works most optimally, and how to get it to work for you when you're at work, and even if you even if you aren't working. This book can be very very useful so let me begin by reading this quote from the book.

"The decision to focus on an outcome, instead of a problem, impacts brain functioning in several ways. First, when you focus on an outcome, you prime the brain to perceive information relevant to that outcome, rather than to notice information about the problem. You can't be looking for solutions and problems at the same time. That would be like trying to hold two large numbers in mind at once, and trying both to add them up and multiply them at the same moment."

So that's the quote, and, yeah, I mean you can totally understand how you can't add large numbers and multiply large numbers at the same time. It's the same when we focus on a problem. It primes our brain to see problems, to see problems everywhere. David Rock gives the example of having a plane to catch and and the ride you had set up doesn't make it. Now if you start focusing on the problem. You're going to miss the opportunities around you. But if you prime your brain to look for the solution, then you're going to suddenly look around you and you might see a taxi coming. You might recall that you can actually contact another taxi. As you focus on the solution, all of a sudden now your brain is working for you instead of against you.

In this culture today we hear a lot about manifestation, like manifest the life you want. And I know that a lot of people including myself, have thought that there's a good bit of woowoo and magical thinking about that. But the truth is, it's based on science. When you prime your brain to look for solutions, your brain begins doing just that. But if you're focused on the problem. Your brain is going to find problems everywhere.

So you could think of bying a new car and you go buy your new orange Nissan. And you drive that car off the lot. Now all of a sudden, you're seeing that car everywhere around you. You did not know there were so many orange Nissan cars out there. You are excited to have your new orange Nissan but the truth is they were around you all the time but your brain wasn't primed to see them. And that's why gratitude journals are actually scientifically shown to be helpful because when you have a gratitude practice, it primes your brain to see the good, the true, and the beautiful. And when you are looking for the good, the true, and the beautiful, you're going to find it because it's always around us. If you focus your mind on the negative things that are happening all around you and, yes of course, bad things happen, there's no question about it, but when you are constantly talking about them, constantly posting about them constantly having your attention there, then, I guarantee you're going to see more of the negative.

In fact, my guess is that the more you focus on on the negative, the less of the positive you're actually going to be able to see. And as I've talked about many times in these in these videos, our brain has a negativity bias, our brain seeks out the negative, because it believes that it's protecting us and we have to attempt to override that to some degree, and we have to focus our attention on where we want it if we want to see more of a good, true, and beautiful.

We have to intentionally focus on the good, the true, and the beautiful and in the beginning, it may be difficult to see the good, the true, the beautiful if you're not used to looking, but as you bring your attention again and again and again to the good, the true, and beautiful, I promise you, you're going to see more of it and you're going to see less of the negative.

I have experimented with this in my life and I can tell you that it's true. But don't take my word for it, experiment with it in your life, and see where that leads you.