



## TRAIN YOUR BRAIN TO SEE THE GOOD

Today I want to talk to you about the brain. In, the last video I did for you I talked about the brain and I gave you a tip about how to overcome our trigger-happy brainstem. Today, I want to continue that discussion.

I will begin by reading a small passage from the book called *Your Brain at Work* by David Rock: "Picturing something you have not yet seen is going to take a lot of energy and effort. This partly explains why people spend more time thinking about problems (things they have seen) than solutions (things they have never seen). It explains why setting goals feel so hard (it's hard to envision the future)."

When I read this passage, I thought about when Pam and I first went scalloping. We learned to scallop last year. We just finished up season two of scalloping and I just want to tell you how true this passage is. When we first went scalloping, we went with some friends of ours. Blake, one of our friends, has done this all of his life, and he was looking over the boat into the water and he said, "I see scallops!" I looked into the water and I didn't see any scallops. And then he dove into the water and he came up with a handful of scallops. He said they're here so we jumped into the water, but Pam and I couldn't find any scallops!

Meanwhile, Blake and Vicka kept finding scallops. And I was like, What is wrong with me? Why can't I find any scallops? It did not take me long to realize that I couldn't see the scallops because I had never seen a scallop alive, under the water. I had never seen one, my brain had never seen a swimming, feeding scallop. It had seen only a scallop on a plate and empty shells. That was it.

It was very fascinating to pay attention to what my brain was doing. So eventually, Blake must have pointed out, "hey, there's one right there!" And finally, I saw it, and I could just feel my brain getting it. And then I found another scallop and then all of a sudden, my brain knew what a scallop looked like. It had formed a picture, a neural pathway and it finally could recognize scallop. And then I was able to see them. I was able to find them.

That's how the brain works and it also reminds me of a story I heard years ago about the first European ships came over to North America, and the native people were standing at the shore and they saw a disturbance on the horizon, but they did not see ship. They couldn't see ship, but they did see the disturbance and so they went back to their shamans and they said there's



something, there's something disturbing the waters. The shamans came to the shore and they looked out and they saw ships. They were able to see the ships because their brains were more evolved.

I tell you this story because these two stories because I want you to know how the brain works. In the last video, I talked about the importance of focusing on the outcome, focusing on what you want, focusing on the future, focusing on your goals, what it is that you want.

I was in a session with a wonderful woman yesterday and it was our first session. I asked her to just dream about what it is she wants from this coaching program that she's enrolled in. She had a really hard time doing that. The first thing she said was, "I don't know Carla, I don't know!" And that is not an uncommon answer that I get from people when I ask this question. I'll often ask the question, if we could wave a magic wand today. what would you want your life to look like? And I find it challenging for people to do that because we're so used to seeing what it is we know, and it's difficult to look for what we don't know.

So the reason I tell you these two stories today is that I want you to be on the lookout for what you don't know. I want you to be on the lookout for what you haven't seen. I want you to look for those beautiful scallops of truth and life of the good, the true, and the beautiful that are in your life right now, right this minute, that you can't see because you've never seen them.

Training yourself to look for solutions, to look for results, to look for outcomes is something that takes intention, and it takes practice. And so if you start looking for the good, the true, and the beautiful, and you don't see much of it, I want you to know that that's normal. If you start to dream about your future and you don't come up with much at first, that's normal. And the trick is just to keep looking in that direction. Keep looking, keep looking, keep looking. And as you do that, as you practice gratitude, as you really focus on what you can see of the good, the true, and the beautiful, when you focus, when you linger on the good, the true, the beautiful that you can see, I promise that you're going to get better and better and better at seeing the good, the true, and the beautiful that surrounds you, all the time, even in the middle of these chaotic crazy times.