

When you talk to yourself...LISTEN!

Do you talk to yourself? I mean really have a conversation? I have for many years; the problem was that when I was a young adult, I didn't listen to me.

Often when I embark on a topic that I don't really understand, I search the web for knowledge. So, off I went to learn about our minds and our conscience. Soon I was overwhelmed with psychology theory far beyond my knowledge base. Being pragmatic, I quickly picked the most basic sources and adopted the concepts that matched my experience base; me. I then created a very simple model, Mind & Conscience.

Think about it: you can program your subconscious to understand who you want to be and use your conscience to challenge inconsistent behavior.

Self-Mentoring – Imagine, you can become your own best mentor. A mentor who knows everything about you and is totally committed to helping you become who you want to be.

Mind & Conscience



Our subconscious mind stores and retrieves data; such as knowledge, skills, habits and values. It's like a huge memory bank and its capacity is virtually unlimited. It permanently stores everything that ever happens to us. Our subconscious mind tries to make everything we say and do fit a pattern consistent with our self-concept, our "master program." We can actually program our subconscious by slipping in positive and success-oriented sound bites.

Our conscious mind lives in the present and issues commands for our subconscious mind to obey. When our subconscious mind is commanded to do something inconsistent with its stored data, it wakes our conscience who begins talking to us. Our conscience is an inner feeling or voice to guide us to the rightness or wrongness of our behavior.

By all means, cultivate other trusted advisors: Parents, Grandparents, Teachers, Coaches, Friends...but you can become your best advisor if you follow three simple rules:

1. **Define** who you want to be and teach your subconscious.
2. Be **self-aware** and always tell the **truth** to your subconscious.
3. **Listen** to your conscience.

Who do you want to be? Briefly describe your self-vision and then list those key attributes that you embrace. Refer to it frequently, save it someplace where it's easily accessible.

Ask yourself: Am I willing to pay the price to become who I want to be? Invest in yourself. Forego some, not all, fun for investment now in your future success. Your legacy – who you are, how you will be remembered, the impact you had - will become important to you as you age.

Don't cheat yourself by telling your subconscious to follow the easy path. Keep reminding your subconscious of who you want to be. Never lie to yourself and listen when your subconscious speaks.

Onward.
Frank Zenie