

# **DISCOVERING AWARENESS**

What if I told you that the **WORST** thing you could ever experience is an emotion and that any and every circumstance in your life is completely neutral until you have a thought about it. That same thought is what creates an emotion, which we unconsciously tie back to the circumstance. Let's explore this concept for a second. Your favorite sports team wins the championship and you are elated. However, those rooting for the opposing team are simultaneously experiencing a very different emotion about the fact that your team won, probably disappointment. Why? Because you both have very different thoughts about the circumstance that just occurred. If it is possible for different people to experience contrasting emotions about the same circumstance, it means that the circumstance isn't what is driving the emotion...it's the thought tied to it that's creating the emotion. Having this type of awareness is **VERY** powerful. The good news is, **YOU** are the one who controls your thoughts. This doesn't mean that you should replace every negative thought with a positive one. What this means is, you are now aware and now have the opportunity to approach life from the driver's seat. Ultimately, you are the one in control. The belief that "life happens to me" or "I have no control in this situation" flies out the window. Knowing that you have the power to choose **HOW** you interpret circumstances in your life suddenly opens up a world of possibilities. However, there may be circumstances where you **CHOOSE** sadness, frustration, or anger because that is what you want/need to feel in order to process and move through a certain circumstance. That is perfectly ok and wonderfully human. Life is 50/50, we were created to experience the full depth and breadth of emotions. The last thing I want you to do is use this concept against yourself and feel frustration because you aren't "happy" all the time. I simply want you to use this as a tool for awareness. Awareness is where all your power lies.

***95% of our thinking is unconscious. When we learn something, it creates a very weak neural pathway. If we repeat it or add a significant amount of***

***emotion to it, it becomes more and more unconscious and effortless. It breaks down like this:***

- Notice your brain having a thought.
- Notice how it ***FEELS*** in your body.
- Process the emotion tied to the thought. Stay with it, don't react to it, don't resist it, allow it, sit with it, accept it.
- After processing, you then get to decide whether to "keep those thoughts" or "let them go."
- Gain the awareness that your thoughts are responsible for creating all of your feelings, actions, and results.

***When you can step into the position of *The Watcher* and begin to increase your awareness around your thoughts, THIS is where the shift in power happens. THIS is where you can begin to completely transform your life.***

## ***The Model***

Let's now take that concept a step further and apply it practically. You can plug anything into ***THE MODEL*** and discover an even deeper sense of awareness. By doing so, you also gain awareness of what results your thoughts are creating in your life. Simply put, you'll see how your thoughts create your feelings, your feelings drive action or inaction, and your actions create results. The way we feel or think we will feel is what drives everything we do...and again, what creates those feelings? That's right, our thoughts. Try it for yourself. Use the model below to plug in an issue you are having in your life. The perspective you can gain by holding space for yourself in this way can be amazingly transformative.

- **CIRCUMSTANCE** (things outside of our control...people, past, weather...must be **factual**, everyone would agree/ can be proven in a court of law)
- **THOUGHT** (your honest thought about above circumstance)
- **FEELING** (pick one, one word emotion that is generated from thinking the thought you listed above)
- **ACTIONS** (what are you doing/not doing when you feel the **emotion** connected to your thought)
- **RESULTS** (what are the results generated by those actions)