


Your life is equal to
how you think, how
you act, and how
you feel



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How many people in this audience believe in the idea, *that the way you think has some effect on your life?*

That *your thoughts are intimately connected to your future*. How many people think that?

So, *your thoughts in some way create your reality*. You believe that?

So, how many people in this audience have a clear vision of their future?

You see, you think **60 to 70 thousand thoughts** in one day.

Out of those *60 to 70 thousand thoughts* that you think in one day.

Ninety percent (90%) of those thoughts are the same thoughts as the day before.



So, if you believe that your thoughts somehow are connected to your life.

*Then the same thoughts always **lead to the same choices.***

*The same choices always **lead to the same behaviors.***

*The same behaviors **create the same experiences.***

*And the same experiences **produce the same emotions.***

*And those very same emotions **drive the very same thoughts.***



And your *biology*, your *neural circuitry*, your *neurochemistry*, your *neural-hormones*, and even your *genetic expression...* is equal to how you think, how you act, and how you feel.

And how you think, how you act, and how you feel is called **your personality**.

And your personality creates your personal reality. **That's it!**

So then, if you wanted to create a new personal reality, a new life.

Then you would have to start thinking about what you've been thinking about and change it.

You would have to become aware of your unconscious thoughts and observe them.



You would have to pay attention to your *automatic habits* and *behaviors* and *modify* them.

You would have to look at the **emotions you live by every single day that are connected to your past...** and decide if those emotions belong in your future.

You see, *most people try to create a new personal reality as the same personality*, and it doesn't work.

You literally have to become someone else.

So, your brain is organized to reflect everything you know in your life. Your brain is a record of the past.

It's an artifact of all the things you've learned and experienced to this moment.



So, if you wake up every morning and get out of bed on the same side. Shut the alarm clock off with the same finger.

Shuffle into the bathroom and use the toilet like you always do, go and get a cup of coffee, and drink coffee out of your favorite mug.

Then get in the shower and wash yourself off in the same routine way.

Drive to work, get to work see the same people that push the same emotional buttons. *Do the same things that you've memorized and do so well.*



Then hurry up and go home, and hurry up and check your emails, and hurry up and check your Facebook and then watch your favorite television show then hurry up and go to bed.

Here's my question...

Did your brain change at all that day?

We could say that you were thinking the same thoughts, performing the same unconscious actions, living by the same emotions, but secretly expecting your life to change.

So, there's a principle in neuroscience.

And the principal says, nerve cells that fire together, wire together.





So, if you're thinking the same thoughts, making the same choices, demonstrating the same behaviors.

Reproducing the same experiences that stamp the same networks of neurons into the same patterns.

And then produce the same emotions **you're going to hardwire your brain into a very finite signature.**

Because *as you fire and wire the same circuits in the same way,* those circuits begin to become more connected.

And by the time you're 35 years old; this is science now.

We become a set of memorized behaviors. Unconscious habits.



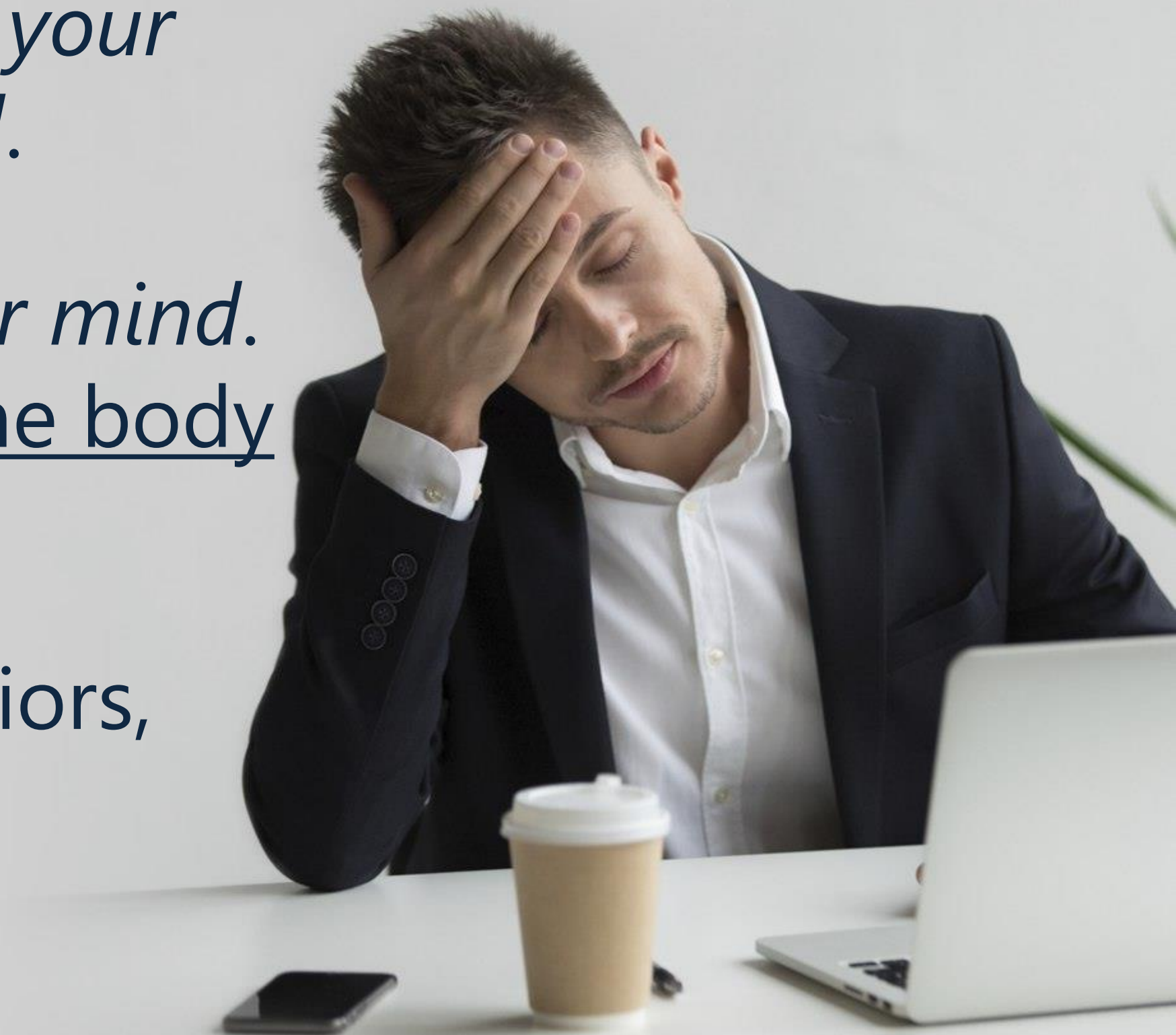
Automatic emotional reactions, beliefs and perceptions, and even attitudes that function just like a computer program.

And if you do something over and over and over again.

The repetition of those actions, over time, *conditions your body to know how to do it well, better than your mind.*

And a habit is when your body knows better than your mind.
Where you've done something so many times that the body now knows how to do it better than the brain.

So, ninety-five percent (95%) of most people's behaviors, attitudes, thoughts, beliefs, emotional reactions, **are subconscious programs.**



So why is that important? Because you're here this week to learn new information.

And every time you learn something new you make new connections in your brain.

That's what learning is.

Learning is forging new synaptic connections.

Physical evidence as a result of your interaction in the environment.

The footprints of consciousness is called learning; making new connections.



And the Nobel Prize laureate, Kandel, in the year 2000 found that when people learned one bit of information...

they doubled the number of connections in their brain from 1,300 connections, to 2,600 connections.

But, if they didn't review that information, if they couldn't repeat it if they couldn't remember it, those circuits pruned apart in hours or days.

So, if learning is making new synaptic connections...
then, remembering is **maintaining and sustaining those connections.**



You are here this week to learn vital information about creating a future, and be defined by a vision of the future instead of the memories of the past.

Because if you are not defined by some vision...

...that is bigger than you.

And you are not passionate about that vision, then you're left with the old hardware of the past in your brain and you will be predictable in your life.





So would you agree then? New thoughts, new information,
should lead to new choices...

new choices **should lead to new behaviors...**

and new behaviors **should create new experiences...**

and new experiences **should produce new emotions...**

and those new emotions **should drive new thoughts.**

That's called evolution (growth).



So, if your brain is a record of the past and you don't have a vision of the future...**then you are living in the past.**

And you will never arrive at that new future.

How many people understand what I am talking about?



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