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THE GROWTH EDIT - ISSUE 10



“You have the power to create. Your power is so strong that whatever you believe comes true. You create yourself, whatever you believe you are. You are the way you are because that is what you believe about yourself. Your whole reality, everything you believe, is your creation”

**Don Miguel Ruiz**

We are doing something a little different for the 10th edition of The Growth Edit this week. We will be back to normal style in the next edition.

ENJOY!

**Ponder this:**

Did you know that only **5%** of your behaviour is consciously driven?

**95% of what you do and think is unconscious.**

Your unconscious programming was set in place by the time you were around 7 years old. Crazy right?

Now think about goals that you have had and didn't succeed in achieving. Most people think that they did something wrong, didn't work hard enough, that they just weren't up to the challenge and that is why they didn't achieve their goals.

But that simply isn't true. In most cases, the reason why they didn't achieve their goals is because their focus, *i.e. attention, was not actually on the goal*. Their attention was actually on an underlying assumption or limiting belief that they took on in childhood, and that is what they created, not the goal.

***“Your focus creates your reality”***

There is both practical wisdom and *scientific* truth packed into this popular little saying. I won't go into too much detail on this here, except to say that on the scientific side of things, it has to do with how evolution has dealt with the thousands upon thousands of different stimuli happening in your environment at any given moment.

Which is through the development of the part of the brain known as the **Reticular Activating System** (RAS). Think of the RAS like a bouncer at a nightclub -- its primary job is to not let everything in. It filters out (something like 99% of) stimuli in your environment, and allows you to pay attention to what is most important or relevant to you. Which is very useful, particularly in this day and age.

However, on the other side of the coin is what the brain has made important, and in many cases it is the unconscious assumptions and beliefs taken on in childhood that are being referred to. And as much as we try to reach our goals, it is a struggle because our mind is working against us.

So in essence, your brain constructs your reality based on what you pay attention to.

Learning to manage your focus is the key to improving virtually every aspect of your life.

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***If this has sparked something, I have a special surprise for you.....***

For the next 3 days, I am giving 50% off my course ***Harness the Power of Your Focus***, using the code SUMMERSALE50.

If you want clarity on what your attention is actually focused on, and how you can harness it to your goals, then this is for you.

Understanding how consciousness works, and having the tools to deconstruct your focus will make achieving your goals seem like a breeze.

The course has been rated **5/5** from over 50 students around the world so far. Here is what some of them have said about ***Harness The Power of Your Focus***

*"She radiates light and clarity in this course! Thank you for a simple and yet profoundly powerful course!!!"* Aisea Taukave

*"I love the way you are getting to the heart of the matter in such a simple manner Rachel, you make it very easy for me to understand the complex nature of my surroundings. In this fast world of instant gratification you are showing me how to ground my understanding, focus me on the "now", teaching me to live in the moment. Thank you Rachel" JK*

*"Very insightful. Very helpful. Nicely and clearly presented!"* Frank Wielers

*"I found this course really useful. Rachel clearly has a wealth of knowledge on the subject and a great professional way of sharing it. I loved the variety of real life examples given which opened up the subjects further. Detailed and practical*

*instructions on how to work through the various exercises are great. I'm looking forward to the next course"* Nicole F

The course is short but powerful, and you can do it in your own time with downloadable workbooks to keep - and it costs just £25.

How much is your focus worth to you?

**To sign up please follow this [link](#) and make sure to use your code SUMMERSALE50 for 50% off. This promo will end on Friday at 12:00am BST.**

Please feel free to forward this on to anyone you think may benefit from from some more focus.

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Happy focussing!

Till next time,

Rachel

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