

WEEK #3:

Streamline Your Inner Game for Friction-Free Focus

Let's fire the head of your Success Prevention Department. It's weird that we all have one of these - a part of us that's trying to prevent us from having success - but it's true. There's a part of us that wants to keep things the same, and keep you in your comfort zone.

Friction means inefficiency - things aren't flowing smoothly. There's resistance. Internal friction means there are parts inside of you that want different things and they're pulling you in different directions. This causes you to waste effort. We want to reduce friction so you achieve results with minimum effort and stress.

When you're in a negative state of mind, and you're going through internal conflicts, it burns your energy very inefficiently. It's like you're driving with your gas pedal all the way down. Sure, you'll get to your destination - but you're wasting a lot of your fuel.

Friction also burns up the most important energy we have - Willpower.

When you're resisting something, you're burning Willpower. So there's less of it left for more important things.

One way to reduce internal friction is to look at the 3 brains - physical, emotional, and logical -

Take food for an example. Pick a "guilty pleasure" food that tastes great but isn't healthy. Now pick the healthiest food you can imagine. Rate each food on a scale of 1-10 physically (how it tastes), emotionally (how it makes you feel), and logically (why logical you should or should not be eating this).

You have many different "parts" inside of you, and a different part of you is in control at different times. There's a different part in charge of you when you're hanging out with your friends... a different part when you're alone... a different part when you're doing a hobby... etc. We need to recognize these different parts, and introduce them to each other, so when one of them wants to do one thing and another wants to do something else, they can talk to each other and work things out.

I know this sounds weird, but this is how it really works in our heads.

Also, different parts of us do things for different reasons. You may have a selfish part of you that's always trying to be right, and another part that really likes to have the approval of others. So when you're around certain people, you may want to both correct them and get their approval at the same time. This can cause problems. Watch for it, and decide what part of you should be in control at different times.

