

## Your Magical Coach – Part 2 (Attitude)



**By Magic Wilson**

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Did you think about the three things in your life or work that you want to change? If you did, congratulations! You have already taken the first step towards a richer life. If not, no problem, that's typical of most people's behaviour.

People tend to stick to habits that they feel comfortable with. This is called staying in our comfort zone. Before we go further, let's play a simple mathematical quiz, consisting of four simple questions, which that you should be able to complete within five seconds. Now, start your timer...

Perform the following calculations using the symbols in the following way: "+" equals minus; "-" equals multiply; "x" equals divide; "÷" equals add; "=" equals equal to.

1.  $5 + 5 - 1 =$
2.  $3 \times 3 \div 1 + 2 =$
3.  $10 - 2 + 15 \div 5 =$
4.  $5 + 5 \times 5 =$

How did you get on? I suppose most of you managed to complete the task within five seconds. Some may have used more than 10 seconds. Normally, the answers should be 9, 11, 5 and 30, right? Of course, some would tell us that the answers are 0, 0, 10 and 4. What? Are you kidding? No kidding! The correct answers are 0, 0, 10 and 4. Those who took more than 10 seconds could have got them right.

If you don't understand why, look at the instructions again. This is an activity that modifies our habits; the symbols represent something totally different from what we have learnt and used before. Even now that you have spotted this, you still find it quite difficult to become accustomed to the new rules, right?



As I've mentioned, people tend to stick to their old habits. Even when we know that change is necessary, we still hesitate to make a change. In order to be successful, we need to get out of our accustomed behaviour and establish a new comfort zone. **Attitude is important in building new behaviour that leads to a richer life!** Of course, it takes time to manage such a change and become adapted to the new behaviour. From now onwards, try to consider one possible change to your habits and make that happen in the coming month. See how the change makes you feel more positive. What are the differences you see after the change (on the good side)?

Next time, we will look at how to think smartly and how to attain our goals innovatively.

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