

Your Magical Coach – Part 4 (Improvement)



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“I want to improve myself, but I don’t know how to improve, and I don’t know whether I’ve improved or not.” Why is this? It’s simple. Many people find it difficult to improve because they don’t know how to change. Frankly speaking, they hesitate in the face of change.

Look at the following picture. What can you see? You’ll probably say you can see a white vase with the sentence: “Fragile – Take care when handling 2002” Can you see something else? Most of us would say “no” quickly, as we’re accustomed to our habits and beliefs. However, our beliefs sometimes restrict our chances for improvement (this is called limiting belief). When we are asked to do something differently, most of us are not eager to change since we prefer to stay in our comfort zone. Most people will also say “I can’t, that’s beyond my ability” while they just sit there and admire others for their success. Hey, wake up and change!





Now, close your eyes. Imagine that there are two people (left and right) talking to each other but their faces look dark. Open your eyes and look at the picture again. Can you see the picture that I have just asked you to imagine? Great! Why didn't you see it before whereas you do see it now? The answer is because of visualization: you managed to create a picture in your mind while you were eager to change your point of view and see your expected result.

However, at any one particular moment, we can only see one particular thing. If we want to see two people, we have to believe that they will be in the picture. (This is like visualizing your “Attainable, Quantifiable, Adjustable” goal, as I explained in last month's article). You can only look forward or backward at any one time. To get things done, you should not look back, or else you will trap yourself at your starting point.

Many people say, “I'm like this. I can't be changed.” Be careful, is it true that you can't be changed – or is it the case that you don't want to change?” I use the word “want” because it is the drive to successful visualization that reaches your subconscious mind. In my article in T/Dialogue June 2008 (p.15), I introduced the idea that our subconscious mind is a powerful tool that makes us rich. Trust the magic of your subconscious, visualize your goal, add imagination with feeling, create the happiness of achievement and follow with action. When you can do these things, you'll already be very close to your destination. Remember don't measure how much you've improved, but focus instead on how much more you should do to achieve your goal.

If you want to be rich, start visualizing this and feel deeply as if you were getting rich now. When you're ready to go further, we'll look at the last MAGIC component in the Positive Quotient – commitment – next month.

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