Labels

(4 min. read)

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Everyone has 'labels.' What are some of yours? Fill in the blank. I am a _____. Use as many labels as you need to show who you are. Now, those labels can be there to protect you, harm you, make others know you are like them, to 'belong', to describe your tendencies, etc. My point is, the label you are using to describe yourself can be 'a burden' or 'a blessing.' There is a lot of power in what you speak out loud.

It is a common belief among the 'self-help' crowd that once you breathe life into a statement, you start to align with it. Without sounding too "airy-fairy," I'd like to tell you about the coolest information to hit the stages from motivational speakers. There have been studies done, and proof found that once you speak something out loud, your brain looks to it as truth and tries to find that proof in your everyday life. There's a really cool name for this function, its called the "Reticular Activating System." Long story short: if you decide you want to buy a green Ford Focus and think about getting one; you will start seeing them everywhere. You've done this, haven't you? It's your brain's way of reconciling what you think about and what you see. There's no magic in this system. As humans, we run on auto-pilot 85% of the day. You may not even notice the fact that you see that green car until you suddenly decide you're interested in it. Your brain switches off the standard operating system and starts to notice the cars you see on the road every day.

So, why does this matter? Well, I have psoriasis. But, I realized I was calling it "my psoriasis" and that will make my brain try to make it mine. Forever. I own it. UGH. Well, it's hard to find ways to heal it if I own it... Here's another example, when you say you are _____ (Tired, fat, not a good rider, full of anxiety, can't remember someone's name, a terrible cook, etc.) You are switching on that part of your brain that will make you notice how true that statement is. Here's another example: My horse is so spooky. Okay, do I even need to give this example? If you say your horse is spooky, don't you think you will be riding slightly different? Your horse will feel you tensing up, and really believe there's a lion in the bushes. Be aware of the thoughts you have and the words you speak. It's not only you and your animals that this will have an effect. Think about the next time you say a test is hard or your husband is loud when he chews his food, or your kid pronounces a word funny. You will start hearing, seeing, and taking notice of this happening way more often.

How do you use these powers for good? Well, pay attention to what your dialogue is. When someone asks you how your day is going, what do you say? When you hop on the scale, what thoughts come to mind? When you are saddling up that one horse that's kind of a pain in the 'you know what,' what are you thinking about? These thoughts have the ability to make you act and see things differently. Try to make sure you check those thoughts and put a better swing on them. Like, "Today is going great! Thanks for asking!" Or, "I'm getting better, even if the proof isn't measurable," or telling that horse how beautiful he is and how your intention is to make the both of you better together. Try switching focus to something totally different and positive when you are seeing things as less than ideal. Who knows? It just might change your life.

A simple twist in perspective can make huge changes throughout all aspects of your life. As my business partner, Kris, always says, "Go *make* it a great day."

Be aware of the thoughts you have and the words you speak.