

Lesson 6: A New Learning Blueprint

Hi, Andy Vellacott here again with another episode of The 10X Effect. So we've talked quite a bit about beliefs, and potential, and how we can start leaning into those things and start to shift not just how we look at the outside world, but also our perceptions about ourselves. Because having a belief about something that is outside of you is one thing, but having a belief that may not be true about yourself is a whole another ball game.

You see, we all see the world differently, you know that already, you know one person sees a 6 and another person sees a 9, and they're both right. But what about what you see in yourself? What other people see about you is not the same as what you see about yourself. And that's because we all see things through our own filters. What you feel about yourself is not what you show to the outside world. You, and we all do this by the way, so it's nothing to take to heart, tend to show other people how you *think* they want to see you. And they're doing the same back to you, so don't worry about it.

It's just interesting that we shift what we think and how we act depending on who we're with. Ok, so I'm not going to go into the deep psychology behind all of this, the point I'm trying to make is that we all have this ability to shift our internal world around a bit, and we do it all the time without even realising it. Or maybe you do realise it but you can't control it... yet.

So if our internal world and how we think and act is flexible, how did we end up with the set of characteristics that we experience? And how did we end up with these multiple personalities that seem to come out of us in different situations? And more importantly can we learn to control that?

Andy why would we want to control that? Well, can you imagine taking that experience of when you learned something and it seemed so easy and everything just seemed to be flowing into you, and you probably forgot the outside world for a bit because you were just so absorbed in what you were doing, and you could snapshot that experience, that feeling, and then overlay that into your next learning experience? It sounds a bit like overlaying a filter on a photo in Instagram, right? How different does that photo look when you've added the right filter? How much *better* does that photo look? And you know what it's like when you put the wrong filter on, and it just doesn't look right, it doesn't *feel* right.

So that's exactly how we see the world. We see the world not as it is, but through a filter, and it's not just one filter, but it's different filters at different times, and everyone else is looking through their own filters at the same time as you. And you might even be looking at the same thing, but your current filter makes it seem different.

Now what I'm going to suggest to you, and you may not feel 100% comfortable with this, it kind of depends where you're at with this right now, is that you only see yourself through your own filters. So you may not be seeing who you truly are, even though you're trying really hard to find the real you, you know, you just can't see it. And this causes a problem. It causes a problem because we limit ourselves to what we can currently see. We limit our possibilities to what we can currently see. We can't see our full potential, and we can't see it because we haven't experienced it yet, and here's the catch 22 in this whole thing. We can't experience it until we can see it.

So what do we do? How do we break out of this trap that we find ourselves caught in? Well, we have to break that cycle where we're limiting what we believe we can do and only acting through that filter. And when it comes to learning how to do this it starts by taking a small but bold action. You try and put on a new filter.

And doing this is not as hard as you think. I mean you do switch filters all the time, you just maybe haven't realised that up until now. So let's say you wanted to ask a friend out on a date. Yes, you're going to feel a bit nervous, or at least I hope you feel a little bit nervous, otherwise I'm worrying about what kind of dates you're going on, but instead of staying in that frame of nervousness, you take a deep breath, summon up your courage, and go up and ask with an air of confidence rather than fear. Yes, it may feel a bit comfortable and you might feel like you're faking it a bit, but the end result is that you went ahead and asked when it would have been more comfortable not to ask, at least till you got home and had to live with that regret of not being bold enough.

So these blueprints are interchangeable so that leads us on to once we understand that, can we leverage that? Can we actually use this to our advantage? Let's say you want to learn something that seems a bit daunting, and you're not quite sure how you're going to get through it all. It scares you a little bit so you tend to avoid it or put it off. Or you give yourself the self-talk - oh, I'll do it later. No you won't. You'll either do it when you feel ready or when you feel so much pressure you finally give in. But remember, the work hasn't changed! While you've been too-ing and fro-ing, trying to talk yourself into it, then out of it, then into, and out of it, the work has just been sitting there waiting for you to get the right filter on that enables you to start taking action.

Well what if you could get into that zone of action without having to experience that massive build of pressure just to get started on something? Wouldn't that be nice? And what if we then went a step further and got into a zone where we could just become totally absorbed in what we were learning? How much more would you be able to take in in that state? Because we've all been there, and I'm not pretending to be any different here, we've all sat down to do the work but our heads have been on something completely different? You know, we're trying to read a book, and our eyes are scanning the pages, but none of it's going in because we're thinking about what's on Netflix tonight.

So what I want to suggest here is that next time you have something you need to learn, and it could be anything, a bit of a book, practicing some art, whatever, set yourself a container for it. That is, set yourself a short period of time of when you're going to start and when you're going to stop. Because when you don't know when the end is you don't have any reason to focus, but as soon as you say I've got 20 minutes to learn this one thing you send yourself a message that this is your time for learning, and when it's up, it's up. If you didn't get it you're going to have to come back again tomorrow. Now how much more powerful is that message going to be for you? Now the temptation is to stretch this out to make it a little bit easier on yourself, so you start to say I'll do this for 30 minutes or 40 minutes, and you think you're doing yourself a favour because you're giving yourself more time on the subject, but you're not. What you're doing is diluting your time. Because it's not how much time you spend on something that determines how much you learn, it's the intensity.

It's like going to the gym. You could easily spend an hour or two lifting weights that don't challenge you don't provide enough stimulation for your muscles to grow. Or you could go and lift a heavy weight for 5 minutes and be done, and you will have gained a good deal more strength in a fraction of the time. And here's the other thing. The next time you go back to the gym you can lift a heavier weight!

So there are certain things that you can't do in 5 minutes, and it's not good to only ever lift heavy weights or do intensive studies. There are plenty of times for longer, gentler, easier sessions too and you'll be amazed at how much more enjoyment you are able to get from these sessions because you aren't working right at your limit in these sessions any more. And you'll actually look forward to your longer sessions rather than dreading doing the same long sessions day after day. And it's no different whether you're working on your body or your mind. Variety is important, but intensity is key.

And when it comes to intensity of focus, especially when you're working on a skill based activity where there's a lot of repetition involved, then your focus is literally like a magnifying glass, and you can zoom it in and out, focusing in on different aspects at different times, like focusing in on certain pieces of a jigsaw puzzle, or zooming it out and seeing the bigger picture in its wholeness.

So with this training you're starting to see that your blueprints form your beliefs and create the filters through which you see everything, and that you have the power within yourself to change them and start taking actions that you might otherwise avoid. And once you start down that path of understanding that your mind is there not just to automatically fill in all the gaps with whatever it believes will keep you safe, but that it is more than happy to surrender that control and allow you get in the drivers seat. You just need to learn how to drive it, but it's one of the few things that didn't come with an owners manual, so we're left with the job of figuring out the most complex machine in the known universe, our own brain, for ourselves.

And even if there was some kind of user guide, this machine works differently in every single person, so what works for one person is almost guaranteed to not work for somebody else. But we can get guidance if we're open to it. And it's when you're open that amazing transformations can become possible, and you can learn more than you ever thought possible, which leads to more experiences for you and creates this ever increasing feedback loop, where not only can you learn more, but you can learn faster, and the more you know how to leverage that the more profound this experience becomes, and that's the subject of the next episode. Thanks for listening, and I'll see you soon.