

## Override the Static.

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Chances are most of us are not our 'better self' when we first wake up in the morning. It's not hard to comprehend why; we likely have a negative default program running 24/7. The craziest part is we generally don't realize we authored this program. We put together a collection of ideas, derived from our childhood experiences and then carried them forward into our adult lives. We relate to these notions as our 'Identity' and often allow this perspective to determine our choices. So much so we are often making decisions without realizing they are based on a child's point of view. Would you even consider taking advice from a seven-year-old on how to live your life? Yet our default thinking is so real to us we believe whatever the things we made up about ourselves as children to be the truth about who we are now. Opinions that are rarely aligned with a healthy self-esteem.

## **The only way I know to reconfigure these programs is through personal development.**

Most of us allocate precious little time to this pursuit. Even thirty minutes a day is a stretch. Yet those who do commit, even a modicum of time to upgrading their thinking, say they experience tremendous results. There is considerable evidence that 30 minutes a day of positive thinking can shift someone's attitude entirely, inspiring them to make better choices and lead more satisfying lives. If this is true, that 23+ hours of negative

thinking can be reversed in a fraction of the time, clearly there is value in managing our thoughts and supervising our eternal chatter.

At one point, it occurred to me I was holding myself back in life, waiting for a time when I would be free of the repetitive, negative self-talk. When I finally accepted this was never going to happen, I knew I had to come up with a way to keep myself on track. In my search, an analogy came to mind. Picture driving out in the country, so far out in the boonies that the radio turns to static. What do we usually do? Turn the volume down, right? I decided I needed to find a way to do that for myself. I would find a new station, fashion a new tune to hum, something I was so passionate about it would have the power to drown out the 'static' of my default thinking.

Exercising mental discipline was the actionable step in learning to take control of my busy mind. Having a visual to fall back on helped me stay focused on creating new neural pathways. Whenever my default chatter gets too loud, I picture myself turning down the volume and willfully directing my thoughts towards what I am creating. Literally teaching myself to hum a new tune.

When you drown out the static an amazing thing happens, suddenly you can see from a new view point - one that is perhaps a bit more mature than that seven-year-old girl or boy who has been running the show - and suddenly it becomes obvious your better-self has been there all along.

**So, turn down the static; Write a new tune you are over-the-moon about; And it might just give you the energy, courage, and perseverance needed to override the endless static.**



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*Amy McKenzie~*

The Network Marketing Magazine is proud to introduce Amy McKenzie. She is a Producer / Director / Writer / Keynote Speaker / Entrepreneur /Artist Coach and Lifelong Student.

Amy is also a Contributing Author for us and now represents our 27%'er Success Program as one of our Lifetime members and Dynamic Leader.