

RESET your brain for success.



Why you get stuck and how to start moving again

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The 7 biggest reasons you're stuck and how you can start moving again to increase your success, have a better life, and thrive!

How many times have you decided you need to change something and started your new plan only to abandon it after a few weeks? How many times have you made the same resolutions hoping that this time you will succeed, only to fail again? If you really want to change, you can!

You are in a tough spot. You want to keep moving but it seems as if every day brings a greater struggle. It's hard to see the light at the end of the dark tunnel and you despair of getting the success you crave. You may not realize it, but there are essential habits of mind that you need to cultivate to be able to successfully get to your next level of success.

As a smart person you want to **RESET** your mind to develop a new mindset about life, challenges, and success that will propel you to increase your joy, have a better life, and not only succeed, but thrive!

If you're like many people I work with, you may:

- Feel stuck or overwhelmed with no clear direction
- Be too busy surviving that you can't think what to do next
- Procrastinate or put off important activities
- Let your emotions get in the way of productivity
- Deal with lots of stress and pressure
- Fear failure, therefore don't even try to advance



The truth is, the thing that keeps you stuck are old ways of thinking and acting. You want to change, but it seems as if you're stuck. **The pressure is on and your future is on the line!**

You may want to make changes the pull of the familiar, and the law of less effort keep you stuck. You are used to the map of the world you have been working with. Even though you may hate everything about your life right now, at least you are getting by. You know the "rules." Maybe you have tried changing on your own before and failed. You have lost confidence that you can handle the change and even get to enjoy the new situation.

If you can relate to any of the above, you're in the right place!

Do you truly want to change what's keeping you stuck? Keep reading!

In this program, I will share the 7 biggest reasons you're stuck and how to start moving again!

Where do you want to be in a year?

If you are like many of the people in transition that I work with, you might like to. . .

- Be able to face each day with hope.
- Have more energy for work and daily tasks.
- Increase your level of confidence in yourself and what you can do.
- Learn how to deal with negative feelings.
- Enjoy life and relationships.
- Develop good communication and conflict resolution skills.
- Have your priorities straight and be able to meet your needs and enjoy the lifestyle you want



Contrary to the old saying that you can't teach old dogs new tricks, the new brain research shows that you **CAN** learn new behaviors regardless of your age. Not only can your adult brain change, but it keeps producing new neurons; which means that you also have the capacity to learn and keep learning, as long as you live. Why then is it so difficult to change?

It's not that change is so difficult. In fact, your brain is wired for change. You were born to change!

What is difficult is to

- stop making excuses,
- decide to take personal responsibility,
- know exactly what to do, and
- have the willpower to stick to the plan.

Are you ready to stop making excuses, take control of your life and make the changes you know you need to make?

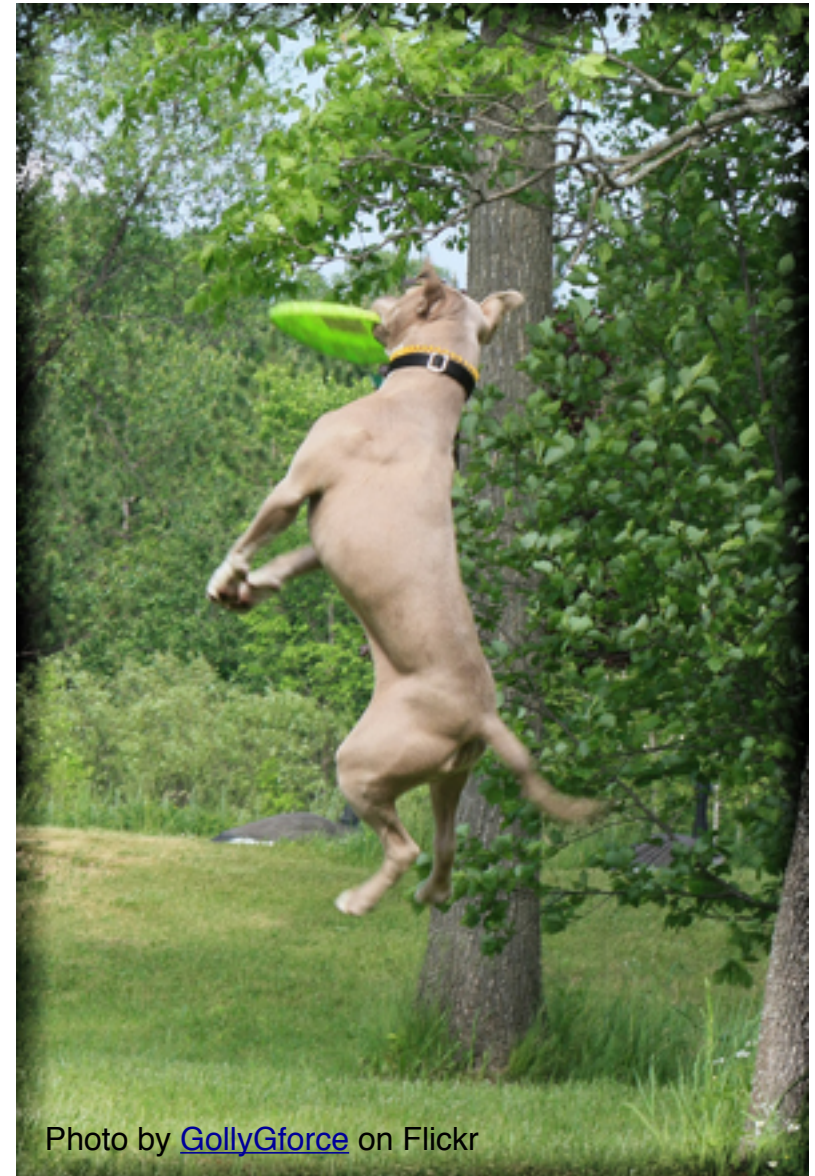


Photo by [GollyGforce](#) on Flickr



**You can get unstuck, live your dreams
and be highly successful in your
personal life and in your work.**

Through more than 25 years coaching and counseling people to change, I have heard every imaginable excuse about why people don't change. Here are just a few examples:

- I wish I could change and be more organized, but I have tried and I can't. That's the way I am.
- I can not help it. If they would listen to me, I would not have to scream. They only take action when I yell!
- I know I need to relax. But in my family we are all high strung. And my work demands so much of me that I can help but be always stressed out.
- Yes, I have lost 3 jobs in the last 4 months because I was late to work. But what can I do if I just don't hear my alarm? I am a very deep sleeper, I live alone, and there is nothing I can do about it.

What it amounts to is that because of life circumstances, or what important people in their life have told them, or due to society's stereotypes, many people learn early that they are helpless. As much as they don't like to feel this way, it is an easy road, **because it does not require any effort.**

The reality is that if you looked at any of the previous excuses with a positive attitude and in a problem-solving mood, you could find a way to change. **If you are serious about change, you first need to believe that you are not helpless and stop fearing success.**

Therefore, the first important thing in rewiring your brain is a check on your attitude! What are the words that usually come to your mind when you think about change? (No editing here!) If you think it is hard or impossible, it will be more difficult to make any changes or keep any resolutions.

Let's review some of the reasons why change seems so hard. You can add to the list your own reasons. . . .

Why is it hard to Change?


1. *Too Busy.*

By focusing so much on being busy, you have no time to focus on the changes you want to make or the objectives you want to reach. You don't take time to make a feasible and detailed plan. By don't focusing on visualizing and practicing the new behaviors you want to establish in your work or personal life, you certainly make sure you don't make changes.

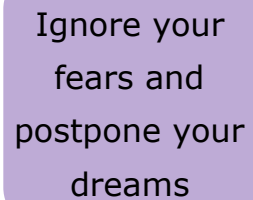
Some times keeping busy is just a convenient excuse to:



evade hard work required



not try something you really
don't want to do



Ignore your
fears and
postpone your
dreams

2. Negative Thinking (Excuses).



3. Negative feelings.

Have you ever thought or said something like: “he makes me so angry!” or “she makes me miserable!”? Probably more than once! In fact, we routinely use our negative feelings as excuses for being stuck. “If I were not so depressed, I would be able to do something.”

Feelings, thoughts, and actions influence each other. If instead of waiting to feel better before taking positive action you start thinking and acting in positive ways, the negative feelings will diminish and eventually disappear.

Remember that in any situation the way you feel is mostly determined by your beliefs and your interpretation of the situation. With this knowledge, you can change your feelings and reactions by:

- Not taking things personally
- Discovering the thoughts that are contributing to the feelings
- Stop thinking over and over how terrible or awful something is, and how you can't stand it. Ruminating only will make you feel worst.
- Focusing instead on solutions. Redirect your thoughts back to positive actions that can help you cope.
- Thinking what would you do “if” you were feeling differently. Then, do it!
- Taking positive action even if you “don't feel like it.”



Image courtesy of [Bo Gordy-Stith](#) via flickr

4. Information overload.

We think information will help us change. Although gathering information is helpful, information alone will not make change any easier. Too much information can clutter and paralyze your brain.

Information overload:

- Takes away time.
- Makes it harder to take action.
- Makes it difficult to decide what is the best way to proceed.
- Brings too many options.
- Makes you confused.
- Feels overwhelming.



Image courtesy of [sleepyneko](#) via flickr

5. In a rut.

Have you ever seen a dirt path that cuts through a field? Have you ever wondered how it got there? By constant use, of course. The path becomes so familiar that we don't have to think about where it goes or pay attention to the turns that come along the way.

Our thought patterns are formed much like a well worn path. You have repeated your patterns of behavior so many times that they become familiar habits formed by regular use. We form our reasoning based on what we've experienced in the past and habitually use.

Although this facilitate work and life in certain ways, if left unchecked our thoughts will travel a familiar path unhindered. It won't even occur to us to stop and consider a different way of thinking and behaving.

If you are not giving attention to your thought patterns, it will be impossible to make any changes.

If you want to do anything different in your life, get out of your familiar paths and explore new territory!

You form new paths by repeatedly walking over the same field in the same way. All it takes is the decision to start in a new direction and then the effort to do it.



Image courtesy of [sergeant killjoy](#) via flickr

6. Past circumstances.

You look at your past events of relationships and feel so much pain that you feel you can't go forward. The past seems to hold you prisoner. You feel that your relationships or past events hold you back. Many times you feel like a victim of circumstances. You say to yourself things like:

"If I hadn't had such a screwed-up childhood, I would be happy now."

"If my love had not left me (or die), I could have a good life."

"If I had been able to go to college, I would be living the life of my dreams now."

"If I had not have to move, I would not feel so isolated."

The thing is that whether these things are true or not, you don't have to let past circumstances control your present and future. You need to let go of the past and let go of blame and hurts.

The truth is that you can control your life and choose how the rest of your life is going to be. You do have the power of choice. You can always choose your attitude about what happens. You can respond to others and to your circumstances in whichever way you choose.

Unless you stop blaming others for your problems and convincing yourself that you are a victim, you will never get unstuck.



Image courtesy of [Rega Photography](#) via flickr

7. Lack of Clarity.

We tend to focus on the new action we want to adopt without any real, thoughtful analysis of why we want to adopt it. Not only that, we fail to analyze what kept us from adopting it last year, and the year before.

We are also too vague. "I want to improve my health," or "I want to eat less chocolate" will not do it.



Photo by Dr. Ada taken in Santorini, Greece.

Think about it. If you were planning to go on vacation, you would not just say: "We are going to go somewhere for a vacation." You will probably be very specific about where, how long, how to get there, where to stay, and the amount of dollars you can spend.

Another way we lack clarity is when we use words that do not have an active decisive meaning. Words like:

- I want to. . .
- I will like to. . .
- I'll try. . .

Better to use words like I WILL do (or not do). . . , I DECIDE to. . . , or I CHOOSE to. . . .

Many times, we say something like, "I wish I could eat healthy." Or, "I wish I could exercise more," like I have said to myself many times. But when I say, "I wish," I am not making a firm decision. To signal a firm decision, it will be better to say, "Today (or tomorrow) I am going to do X or Y."

Let me try to explain in a somewhat simplistic way why this lack of clarity is a problem. Each neuron in our brain responds to the strength or weakness of our decisions. It has the properties of a transducer, a conductor, and a transmitter of electrical impulses converting energy from one form to another.

As a transducer the neuron converts the stimulus energy from the outside world (in this case my weak or strong decision) into electrical signals. As a conductor the neuron propagates or 'conducts' the signals from the dendrites to the cell body and then down the axon. As a transmitter, the neuron converts the electrical signals into chemical messages and 'transmits' them from one neuron to a neighboring neuron.

The flow of information takes place from the dendrites to the cell body and then along the axon to the dendrites of the next cell. When I say, "I wish," the electrical impulse that I am sending to my neurons is weak. However, If I make a firm decision, then I send a stronger electrical impulse to my neurons toward doing what I am saying I am going to do. The difference is as if I were trying to see my stairway with a light bulb that is only 20 watts, versus one that is 100 watts.



Therefore, one of the most important part of been clear is a firm decision for a specific outcome.

8. *Your own reasons*

Think back to the times you have tried to change a negative behavior, pattern of thought, or persistent negative feeling. Has any of the above reasons been part of your lack of success? If so, which one(s)?

1. _____
2. _____
3. _____

Any other reasons or thinking that keep you stuck?

1. _____
2. _____
3. _____



The reason why most people find it so hard to change is they have forgotten how exciting it can be. All you have to do is remember childhood. . . Have you recently observed a child learning to walk? They are totally focused on walking. They want to try walking every second of the day. They want to hang on to the fingers of whatever adult is around to practice walking. They try to do it alone even when they have many setbacks. Bumps, and hurts don't matter. They keep trying, and enjoy doing it, until the moment comes when they get it. The beauty is that once they get it, they have it for life!

As adults, we do not have to think about moving one foot in front of the other, or keeping our balance, unless something happens -- we have an accident, or a stroke-- and then we have to relearn. Otherwise, it is there forever.



Image courtesy of [Spigoo](#) via flickr

That same total joyful focus, for a significant amount of time, is what is needed to be successful in sustaining new changes or creating new habits.

Why attitude matters

Imagine you could change the way you think and act in 60 days. Is as if you are practicing for the opening of a great play and are perfecting your costume and lines so that on opening night you become a totally different person. I have good news for you:

You can do that. You can change *anything* about yourself!

You can start right now! Just think, most of who you are is the result of repetitive behaviors rooted in beliefs you have about yourself. And most of your believes are repetitive thoughts. To become a flourishing person you only have to change the way you think about yourself and your work.



The first important thing in resetting your brain is a check on your attitude! What are the words that usually come to your mind when you think about change? (No editing here!)

If you think it is hard or impossible, it will be more difficult to make any changes.

**Do yourself a favor and start
TODAY!**

Why attitude matters

Remember, you need total joyful focus, for a significant amount of time, to be successful in sustaining new changes or creating new habits. To be successful, what are the new words about change you want to stamp in your brain?

What are two or three short sentences you could use to help you remember to have the right attitude?

1. _____
2. _____
3. _____

If you already were exhibiting the new behavior, what would be different in your life and work?

1. _____
2. _____
3. _____

Why attitude matters

Zig Ziglar remarked, "You are free to choose, but the choices you make today will determine what you will have, be, and do in the tomorrow of your life." Yes, your life is a sum total of the choices you make.

You CAN change, mostly by assessing your belief patterns and learning to release yourself from damaging beliefs by controlling and directing your thoughts.

Eleanor Roosevelt once said: "No one can make me feel inferior without my consent." It's a great sentence to use for changing your attitude. You can think: I'm the one who allows people to offend me, or to make me angry. My reaction to people and their actions is my choice! That means that if I can allow people to make me angry, I can also REFUSE to be offended, become angry, or feel inferior."

What a liberating thought! **You can respond to others and to your circumstances in any way you choose.** You and you alone own your thoughts, feelings, words, and actions. Nobody can make you do or feel a certain way. **You can take control of your life!**

Deciding to choose your thoughts, words, and actions is the key to personal growth. Freedom of choice is a right we all have and nobody can take away from you. You can respond to others and to your circumstances in whichever way you choose. Remember, *unless you stop blaming others for your problems and convincing your self that you are a victim, you will never get unstuck.* It's human nature to blame others and try to escape accountability. But once you take responsibility for the results in your life, you'll start moving, making progress, and having success.



Rewiring your Brain for Success



The brain is constantly changing. It can alter its structure, generate new neurons, adapt, heal, renew itself after trauma, and change deep-seated emotions and behaviors throughout life.

Brain cells are undergoing continual remodeling and reorganization as a result of thoughts and experiences. Research also teaches us that in order to change the brain, you have to harness the power of the mind, and especially focus your will and attention in the right way.

To be successful at changing anything in your life, you need to understand that the secret is to keep doing the new behavior you want to establish (and stop doing the old, if that is needed) no matter how hard it is or how long it takes, until it is not hard anymore, because it has become a new habit. It has become hardwired. That is the trick.

Repetition is what strengthens the connection of the neurons, making it easier for the brain to use that path in the future. Just like a well used trail is easy to see and follow, a well used path in your brain is also easier to use.

The problem is that while the path is being developed, you have to put a lot of effort and focus. Many times we become discouraged, and stop the process just as we were getting close to the point when it would have become easier.

That's why it's easier to change if you have support and accountability while you establish the new path.

Strategies for Effective Action

There are important powerful strategies for making change easier and effective. To help you remember them better, I have used the acronym **RESET**.

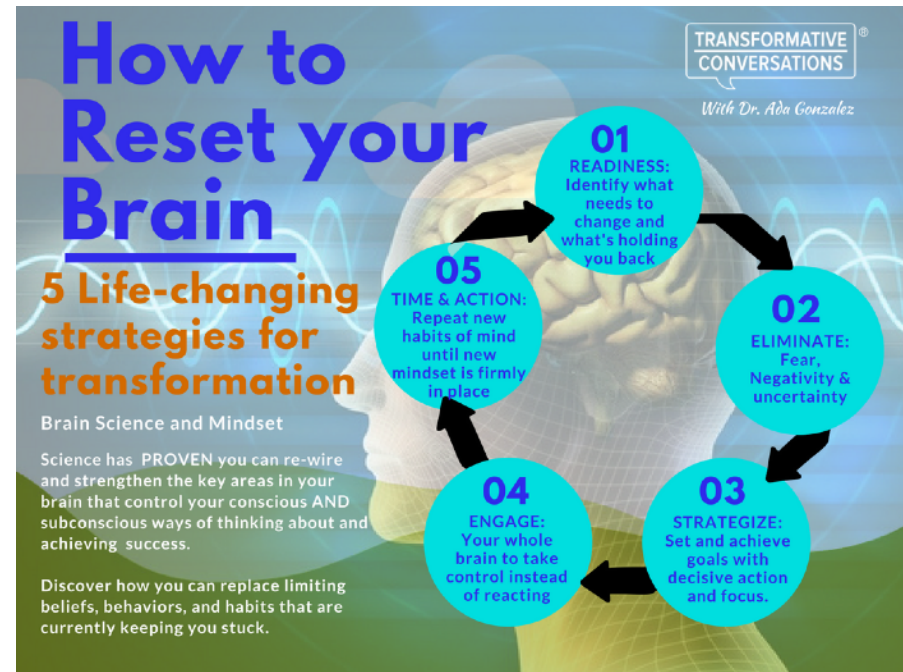
Readiness

Eliminate

Strategize

Engage

Time and Action



This what it takes to **RESET** your brain for success. Do yourself a favor and start **TODAY!**

This is the opening section of my 6 month program designed to help you make the lasting changes you need in order to receive the success you deserve. I can help you unlock the door to your success. I can take you from where you are to where you need to be. Based on your own unique situation and personality you will be able to:

1. Become aware of why you have not been able to make the changes you need to make.
2. Find what you need to do to be ready to change.
3. Learn how to make a careful plan that engages both sides of your brain: the analytical and the emotional.
4. Work intelligently toward your goal taking decisive action with laser like focus.
5. Use the power of your imagination to aid you in your change effort.
6. Find what will facilitate the repetition and persistence needed to establish the new behavior.
7. Learn to enjoy the process and the end result of your efforts.

If you are tired of trying to make changes and not succeeding, you should join my 6 month RESET your brain for success coaching program. Making changes alone can feel daunting. It is easier with the support of a coach. Working with me you will learn HOW to apply powerful strategies for making that change stick. You will receive the support you need to be effective and successful. I invite you to find out more here: <http://TransformativeConversations.com/individual-change>

Contact me by calling 302-399-3915 or sending an email to: ada@adagonzalez.com and I will send you more information.

My website is: www.TransformativeConversations.com

Change begins. . .

When you open your heart to possibilities,
When you plan and feel the excitement grow,
When you take a step, and keep advancing. . . .
When you dare to dream big and to envision,
When you see yourself already there.
When you reach out for knowledge,
When you take a risk and step “out there. . .”
When you dare to take note of each small victory,
When you share your success with pride and joy!
Just begin. . . and in your journey
You will find the strength and power to succeed.
Go ahead! Start the adventure!
Be bold, grow every day, and celebrate!

(by Ada Gonzalez)



Photo by Dr. Ada taken in Vallorbe, Switzerland



I will be looking forward to hear from you about the changes you want to make. If you want help getting to personal transformation, check out my coaching program [HERE](#) and/or

Write to me: ada@adagonzalez.com



Author enjoying a change of scenery in Rudesheim, by the Rhine River, Germany 2007