



Getting to

KNOW YOURSELF

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Your life on autopilot

Imagine this: you wake up one morning and the next thing you know you're sitting in your car. You are freshly showered, appropriately dressed, and there's a travel mug of coffee next to you. You have no conscious memory of how any of this happened and you're already halfway to work.

We have evolved to run complex routine procedures on autopilot. Our unconscious processes are faster, more reliable, and often more subtle than our conscious efforts to understand and influence the world around us. We do not need to know much about ourselves to get through an average day. We just need to go along for the ride.

So what's the point of all the efforts we make to remember and discover who we are? Why get to know yourself better if yourself runs just fine without you?

The short answer is this. It's hard to make it through a whole day without learning something about yourself. The people with whom you connect, the stories you hear or tell, the things you do: all of them give you information about yourself. One of the many automatic processes that drive you is the process which causes you to pay attention to information about yourself. Paying attention allows you to choose whether to incorporate new information into existing patterns or to let it go. You cannot change without knowing something about yourself and you cannot live in a world of change without changing yourself.

So even though it slows you down and introduces all sorts of existential difficulties, it is hard to avoid learning more about yourself. Fortunately, if you are active and intentional, getting to know yourself better has real benefits. It can be a fun process that leads to results you like. It can give you choices you would not see on autopilot and better results when autopilot is running your life. It can even grow your brain.

So take a few minutes and read this book. It's short. You can even read some of it on autopilot while your attention bounces around all the things you should and might and look forward to doing. The book won't mind your monkey mind and monkey mind won't prevent you from noticing what you need to notice to get the results you want.

Just notice the funny parts. There's no reason to let monkey mind have all the fun. Your conscious mind knows how to play, too.

5 Reasons to Get to Know Yourself Better

Discover something new to like about yourself

We are all - universally - a little bit afraid of the effort to get to know ourselves better. There's a good reason for this: we have such wide, strong, complicated unconscious minds that our conscious minds get a bit of an inferiority complex. We feel pretty sure that we have depths and that the depths we have inside are like the depths of our desk drawers or our refrigerators (scary!). As familiar as we are with our own faults, we suspect that we are only skimming the surface. Deep down, we are afraid there's something worse. Or - paradoxically - we are afraid that our depths are more of the same layers. We do not want to find out that we are really dull.

You are not dull. We cannot guarantee that you are smart, strong or good. We can guarantee that you are not dull. Every human being is more complicated than any human being can fully comprehend. No matter how simple your layers, you will find that peeling them back gives you more than enough new information to surprise and engage you. And there is a bonus.

Your mind works as though its primary function were to keep you safe. Not all change is dangerous, but all danger requires change. Your mind thinks it's better to be safe than sorry and so responds to change as though it were dangerous. It is predisposed to notice changes in you that are risky or unpleasant. You have probably spent much of your life noticing all the things about you that put you at risk: all the times you were not smart enough or fast enough or strong enough. That's what the brain learns on autopilot: it learns to keep you safe by discovering your weaknesses.

When you learn intentionally, you can learn about different parts of yourself. You can learn the stuff that autopilot would not throw into the light of conscious attention. You can discover that you like new things, or even that you like things you did not used to like. You can explore what you do that works for you. Autopilot does not need you to pay conscious attention to anything but threats. You can choose to pay attention to things about yourself that are intriguing, unexpected, funny or just kind of cool.

Of course there is stuff about you that is kind of cool. No matter who you are, your identity emerges from a complex interplay of physiology and experience and will power. Somewhere in there is everything that ever made a change in you; the three year old playing with bubbles, the ten year old yearning for a dog (or a horse), the teen imagining sex and love and power.

With so much selection, you are going to discover that you have been stronger, more creative, more flexible, more caring, more active or more wise than you thought. You are going to learn something that you will like.

Find out what really belongs to you

Have you ever walked into a room and felt your mood shift within seconds? Usually, this is not a good thing (as you know, your attention is always scanning for threats. There is no party on which it is not willing to poop). Just as the cloud that blocks the sun instantly changes how you see things, walking into the presence of someone in a bad mood changes your perception. Immediately.

Of course you have lots on your mind. Of course you have problems. Who doesn't have problems? Given just a fraction of an opening, you can probably discover at least a dozen reasons you should be stressed or unhappy or just plain mad. You are probably beginning to thinking of them even as you read this.

Come back!

That's our stuff. We put it out there - you just picked it up. Put it back down. You need to deal with your stuff and you are completely free to let go of our stuff. As soon as you find the edges.

Did you ever try to pick up (or put down) a box that has edges that are hard to hold? It didn't go well, did it? The easiest way to move something is to tug on an edge. When you can recognize a stable edge.

Learning about yourself is one way to find the stable edges of what you want to move. You might want to clear out some of the stuff that someone else dumped on you. You might want to pull some of your own stuff out of storage and rediscover why you liked it.

Think about it. What changes most frequently in the environment and is most likely to cause you trouble? The answer is other people! Your monkey mind runs around every room, checking out the moods and attitudes of the people around you. If you do not put a leash on that monkey, it will pick up everyone else's stuff (that's what monkeys do!).

When you get to know yourself better, you can find the edges of your own stuff (and maybe use one of those neat label-makers to make sure everyone else knows it's yours too).

Explore yourself - discover the world!

Here's a funny thing about getting to know yourself better: your self does not always get much clearer to you but the rest of the world often comes into focus. The more you focus on the amazing job your senses do at detecting and integrating information, the more information you have.

Your senses (yes - yours - even if you are not always the most observant person in the world) really are amazing. What do I mean? You have one word at a time moving through your brain, but you have continuous and simultaneous input from at least five senses. When you attempt to pay more attention to your senses, the first thing you will notice is that the neural webs you use to process information are like mazes. If you trace one piece of information through all the connections with other pieces of information in different parts of your brain, you will feel like you are walking through a maze. You really are a complicated thinker.

Wait. There's more here. When you stop focusing on how your mind is working and start noticing what it is working on, you will find that you suddenly know more about yourself because you know more than you thought you did about the world around you. Take, for instance, your ability to read minds. Did you know that you are an accomplished mind reader?

We can prove it to you. Find someone and engage them in a conversation about something that makes them happy. As they talk, you can listen with all your senses. You can deliberately activate your seeing, your hearing and your body. Tell them all to focus on processing what they observe as though it were happening to you. You will know you are doing it right when you begin to notice that you are feeling just a tiny bit happier. If you would like, feel free to notice that you are much happier.

Now think about all the things you noticed - about the other person. You will find that you were aware of very small movements in that person's face, subtle changes in posture or breathing, changes in the tempo or pitch of that person's voice. You were, in short, remarkably perceptive. And the next time that person begins to feel happy, you will notice.

How do we know you will notice? You have stored a pattern of information for autopilot and that pattern will activate - and create meaning - when you encounter it again. You do not have to think about reading minds: you will do it naturally. Your brain compares new information to the patterns it has stored. The mind you will be reading will be your own.

Learn to laugh. . . all by yourself!

Do you know what the most reliable way is to make other people laugh? Laugh yourself. The one thing that is most likely to make people laugh is to hear laughter. That's why they add a laugh track to television shows. It doesn't make them funnier, but it does make us laugh.

What do you know about what makes you laugh? Humour is almost impossible to analyse or stabilize. The more we think about it, the less funny it seems. And yet, given a chance, most of us love to laugh and there are now lots of studies to show that laughter is good for us. So spend time laughing and noticing what makes you laugh.

Look back really closely at who you were when you were a kid. You are bound to find experiences and perspectives that make you smile. Do you remember the painful anticipation before Christmas or a birthday? Do you remember the determination to do things on your own or how much fun mischief really is? If you step back into a past self, with passion and precision, you will have as much fun as your childhood self had trying on grown up clothes and roles.

Who are you when you laugh? Can you think of a time you laughed so hard that tears formed at the corners of your eyes, your stomach hurt and you wiggled and jiggled from head to toe? We hope you can. We hope you can dig deep into your experience and become intensely curious about what happens in you when you are completely delighted.

Why does it matter to be able to laugh in delight all by yourself? It means that you have located the bumps in the edges where you meet the world and realized you can survive with those bumps. We laugh when we are able to recognize that there are differences where we expect seamless connections - we laugh when the world grinds us down and we hold on to a few bumps anyway. When we laugh all by ourselves, it means we are finding our way to be happy with our status as misfits in a world of misfits.

No one ever fits their lives exactly. We are all kids trying on someone else's clothes. Like kids, we can have fun with the process.

You are already on the right track

What if life were less about solving problems and more about noticing how precisely our actions and attitudes lead to the results we get? What if monkey mind could draw a picture of how successfully we combine mind, senses and body to produce exactly the results we are getting? What if you are already doing the right things to get what you want?

If you have strong, clearly set goals and a plan for reaching them, you might be nodding. You might be anticipating the next set of obstacles only because you are sure you can overcome them. You might agree that everything you do is taking you closer to the results you want.

That's not exactly what we mean.

Life happens. Sometimes, it is unpredictable. If you do something just one time, it is hard to predict your results.

Most of the time, autopilot does the same things over and over: not once, but many times. If you are getting the same result day after day, it is because you are running the same pattern over and over with wonderful precision and reliability.

That bad habit you have is actually a reliable result of a complex set of behaviours and attitudes. If it is a habit, you must be really good at it. You rock - at doing that thing you thought you did not want.

So now it's time to ask yourself: why do you want this result enough to play through the pattern that produces it? How are you magnificently and reliably seeking the external and internal support you need to get this result? If anything were added or taken away or modified, the pattern would be different and the result would be different. If you're getting the same result over and over, you really know your stuff. You have remarkable resilience.

When the time is right, you will have the option of using that reliability and resilience in the service of a different result. It is much easier to apply a sound process in a new context than it is to invent a whole new process. If you can be successful at a bad habit, you can be successful other places. You can develop a process that gets a result and repeat it until it runs easily, effortlessly and endlessly - on autopilot.

4 Ways to Get to Know Yourself Better

Discover yourself (and others) through personality typing

Do you know your Myers-Briggs type or your Enneagram stye or your DISC profile? Maybe you are a personality type junkie: you might fill out the quizzes in the magazines you read or watch psychologists with television shows. Maybe you were forced into it by human resources or an interview process? Maybe you are just really curious.

Maybe you avoid personality tests because you do not believe that any test should tell you who you are.

We share your healthy skepticism. Mainstream personality systems assign labels to people and labels are of limited use. Labels that define a person, unlike those that define qualities or characteristics, tend to function as boxes. Some of us can curl up with a blankie and settle within them and some of us start climbing the walls instantly even if we are in a very nice box.

You see what we are doing? We are creating, as you read, a different way of typing personalities (there are two types: in the box and out of the box). Each system picks different categories or benchmarks which are supposed to include everyone and keep everyone in just one category. If you had only four words to describe all the people in the world, what words would you choose? What if you chose pictures instead?

This is how personality types become ways of catching a glimpse of the parts of yourself you keep hidden from yourself. Resisting a label tells you as much as accepting a label. Resisting a whole system lets you ask yourself: if these are the wrong questions, what are the right questions? The point is not to NO yourself (by telling yourself loudly what you are not). The point is to KNOW yourself (by finding hints and suggestions and clues that seem to fit).

Here are three questions to ask the results of any personality test so that you learn something you like:

1. If this were accurate, what kinds of things would I celebrate?
2. If this describes a role I play sometimes, where and when do I play it?
3. How can I set up a chance to have fun as a result of considering this new information?

If you want to have fun and celebrate more often, use fun and celebration as ways to test the suggestion. If you have fun the way the test suggests, maybe you could allow other insights to make their way into your awareness.

You are what you eat - with all your senses

We all eat food to survive; we also eat information. We pull it in through all of our senses, transform it through internal processes and use it to shape the selves we are becoming. The primary role of food is to nurture your body although for many people food is also social, emotional or even spiritual. The primary role of information is to nurture your mind - and that will change your body, too.

Our senses work so quickly and so precisely that it is difficult for us to think of them as processes. We know that information is detected by our sensory equipment and passed into our brains where it is transformed into meaning and presented into conscious awareness. Well, some of the information is transformed and a little of that gets into conscious awareness. Conscious awareness is always the last to know: it's slow and methodical and linear. Sensory information flows through multiple streams simultaneously. It's non-linear, defines itself through patterns, and most of it passes in and out of our brains like water over a waterfall.

What happens when you become hyper aware of your senses? The first thing you will notice is that you cannot do it: at best, you can become hyper-aware of one sense at a time. So pick one. Would you rather become intensely aware of your vision now? Or would you prefer to become intensely aware of your skin? Notice what happens as you read the suggestions. Your autopilot follows the suggestion before you have time to think about it; it's only when you begin to notice your skin that you have the chance to change gears consciously.

Are you curious about how much you observe and how well you notice threats and opportunities (especially opportunities)? Pick a sensory system and play with it. Find the difference between what you notice when you know what you are looking for (or smelling for) and what you notice when presented with something entirely new. How are preconceptions useful in creating precision?

If you really want to get to know how well each of your senses work, indulge them. Set up situations where you are happy to let your conscious attention linger on sensory experience. Play with your strongest senses and play with the ones you consider weaker. (Maybe you do have a tin ear - but maybe you also have a great sense of rhythm).

Caution: while learning how your senses are working, you are likely to become aware of a vast amount of precise information about the raw material coming in through those senses. You might even get smarter!

Let me tell you a story

Once we were - and were not - in a training that tested the limits of preparation. After hours of careful thought and planning, we faced a group that was strongly resistant in day one of a five day training. We finished the day with a story and they hated it. It did not fit the story they thought they should be telling themselves.

At the end of the week, we invited the group to tell the stories they had discovered in themselves over the week. They were not new stories: they were the stories they had lived and then stored, stories that might have disappeared if we had not asked for them. Those stories were a much better fit for the story with which we began the week. They were also beautifully powerful summaries of the best selves of the people telling them.

It is relatively easy to say that human beings are the animals who tell stories and that it is our stories that tell us who we are. What takes some will power is to tell our stories and to listen to them at the same time. Every story we tell - about our families, our work, our mistakes and our vacations - defines us for our listeners. Too often, we forget to listen to our own stories.

Listen to the stories you tell and assume that every story you tell is a story about you. You are the main character - even when you're not - and you are also the omniscient, omnipotent teller who gets to decide who looks good and when to laugh and when it is time to build suspense. Everything in the story was in you first.

Then pay a little conscious attention to the kind of stories you like to hear: stories in sports or work or at the movies. Are they stories about action, about adventure, about relationships, about getting ahead or about getting lost? What if every story you gave your attention were a story about what you believed about the world? Would someone who knew the stories you know be good at predicting how you think and act?

When you stop and think about it: what is your favourite story? How does it help you decide what is possible and what is desirable? Notice the difference between the stories you are told and the story you choose.

What are these people doing in your life?

Throughout the ages, people have chosen to be defined by the company they keep. We all know this intellectually, but how often do we become curious about our relationships? Sometimes we all ask “What was I thinking?” or “Why am I still in this relationship?” We do not often track down the answers to find out why we are keeping some people in our lives.

If the eyes are the windows of the soul, then human beings are creatures without direct access to taking a look at their own souls. The only way we can see what is in our eyes is to look at an image or a reflection. The people we keep close to us are all mirrors: we need them to reflect us back to ourselves. Without other people, great chunks of what we are are hidden from us.

It might be a little creepy except that the people who are showing us our own reflection are also looking to us for their reflections. There is a wonderful fairy tale in which the princess is so beautiful that a thousand mirrors cannot show her beauty all at once. We are all that beautifully complex: no one reflection shows us all of ourselves. Instead, we collect many different reflections and assemble a collage that tells us what we look like and - we hope - something of what we are.

In business, they call this a 360 degree evaluation, although 360 degrees only gives you a circle and what you really want to assemble over your lifetime is an entire sphere. You want to know who you are from every angle and so the people you like and the people you do not like, the people you value and the people you encounter just once can all contribute a unique perspective.

The poet Milton said that truth has been shattered and we spend our lives collecting the pieces. He might just as well have said that our whole selves are so wonderfully rich that we spend a lifetime assembling pieces of the puzzles that are us. Some of the pieces we carry where we can find them ourselves. Many of the pieces we only know when we see them reflected in the people around us.

Take another close, curious look at the people in your lives. Each of them has at least one piece of the puzzle that is you.

3 Great Questions for Getting to Know Yourself Better

Are you making good investments of your attention?

If we asked you if something was worth five dollars, your answer would probably depend on a combination of what you valued and how much money you had. It is, after all, a different question to ask: Would you spend your last five dollars on this? It is like the difference between asking a child “would you like this?” and “would you like to spend your own money on this?”

Attention, like time, is in limited supply. While you can make more of it, you have to wait and you can only use a little of it at a time. Some experts say we can only hold seven things (+/- 2) in our conscious attention. Others argue the number is probably three or four - it might even be one. We can only pay attention to a few things at a time in a world of almost limitless information and possibility.

Some things are rare and valuable and some are merely rare. Attention may or may not have value when we turn it to following the stock market or horse racing. It always has real value when we turn it to changing ourselves. In fact, some kinds of neurological change require conscious attention. It's a little bit ironic: in order to give a behaviour resilience on autopilot we have to invest a significant amount of attention in it. Practice without attention is just busy work.

If you want to know more about what you value, how you are shaping yourself, and what you are likely to do, then you need to follow your attention. The bible says, “Where your treasure is, there your heart will be also.” There is no treasure greater than your attention: it is powerful and limited. What you pay attention to quite literally begins to change your brain: more cells and more connections are dedicated to behaviours that you do with attention.

Attention is closely related to will power. Will power gives us the ability to make conscious choices and to use our strengths, skills and capabilities accordingly. Anyone who has ever eaten their way through holiday parties already knows something that science is only now establishing through experiments: if we use will power in one area, we have less to use in other areas. Sometimes we might even (temporarily) run out of will power and have to wait until our supply is renewed.

You know that you have a limited supply of attention. Are you happy with how you are investing it?

What will change when you notice what is already working for you?

There's a common misconception that says: "I'll never get better unless I notice what I'm doing wrong and fix it." People who hold this belief are often puzzled to find that although they keep getting better, they never really feel that they are good. It's a little like dividing something in half over and over again, expecting to end up with nothing. There's always a finer distinction to be made.

Another way of saying the same thing is to notice that in an imperfect world you will never run out of problems to solve. Problems are at least as common as the air we breathe. You must get perfect at one thing and two or three more areas appear where you are less than perfect.

What if you trusted yourself to make improvements when necessary? Instead of recognizing yourself through your faults and flaws, could you pick yourself out of a line up based on your skills and strengths? Many people know their flaws intimately. They could tell you precisely what is wrong with them (some people will tell you at length even if you do not ask).

Imagine what you would say if you were asked to produce a profile of yourself based only on what you like. Many people find it hard to prepare resumes because they feel as though they have to invent strengths, skills and capabilities. They cannot find enough about themselves to like to fill a few pages.

You live with you 24/7, year in and year out. You have more opportunity to pay attention to you than to any other subject. You know everything you have ever wanted and gotten, every achievement, every kindness and every problem you have averted. You have tons of information about why you should like you.

You also have lots of information about the results - good and bad- that you have accurately replicated over months or years. Take a look at how many choices you have to make, how many actions you have to take, in order to get those exact results. Your autopilot is really effective. It gets things done - and then it does them again.

What would be different if you spent more attention noticing that you are strong, skilled, competent and likable? You might stop improving if you had no problems to solve. Or you might just get better faster and enjoy it more.

What would you do if you already had everything you wanted?

“I had to do it.” We hear variations of that - and say variations of it - several times each day. Much of the time, we are not sure what we want because we are so very sure of the list of things we have to do. We pay attention to what we must do and sometimes to what we should do. There is not much left over for what we want to do.

We assume that there are things that we want to do and to have. We assume that we will find them when we have the time and resources. We assume we know how to want good things for ourselves. We assume that we will recognize what we want when we see it. Is anyone else wondering if these are safe assumptions?

Imagine yourself waking up tomorrow and realizing that you have all the things you always dreamed of having: you have the right car, the right house, the right family, the right job, the right face. You have a few charming flaws to ensure that you meet your goal for being perfect in a normal kind of way (too much perfection would not be perfect anymore, would it?). What would this perfectly fulfilled you do with your day?

A world without wants might feel like a world without direction. We might find that if we dig a little deeper, all those “had tos” and “shoulds” turn out to be the little steps that get us what we want. It is even possible that we already have what we want and that we have already developed strategies to keep us on track and moving forward.

These kinds of deeper wants are different than the ones on our usual wish lists. They are the wants that satisfy our beliefs, our principles, our sense of what the world is like and where we want to fit in it. What do you believe is so important that you would pursue it even when you already had everything else you wanted?

If you want to know yourself better, find the self that is a driving force, the self that knows how to make choices that go deeper than what you want now.

2 Things to Do Today to Know Yourself Better

Stop and notice what you are really feeling

Your sensory equipment is much more finely calibrated than your language. This means that you can feel things for which you have no words. If the only way you check in with yourself is to ask in words, you will miss most of the information that is available to you.

We call emotions “feelings” because emotions produce distinctive patterns of physiological responses. It is fair to say that your emotions are the physical feelings that are produced as an emotional response. It is equally fair to say that your emotions are a way of thinking: they take new information and relate it to patterns of knowledge, belief and experience to assign meaning to it.

Nobody makes you feel anything: you make yourself feel by perceiving information, integrating it into your experience, and then sending the chemical and electrical messages throughout your body that produce a physiological response. These responses can be huge or they can be very subtle. They are often too subtle to grab your busy attention (your monkey mind only notices threats or changes or maybe a really juicy piece of mango).

What keeps a monkey focused and in one place? It’s a treat. Here’s a treat for your monkey mind that will keep it still and focused long enough for you to pay attention to what is happening in your body at a given moment. Take a deep breath and let it out slowly and gently. That’s it. Monkeys are not very complicated creatures: they like to eat. Your brain likes to eat oxygen. Give it an extra dose, and it will settle right down.

Now, while it’s quiet, give your brain something to play with. It cannot stay still for long, so let it wander with curiosity and precision down through your body, noticing all the different sensations that are part of your experience. Have you ever watched a monkey reaching for a piece of fruit? Your monkey mind has the same quickness, the same delicacy, the same focused precision.

Explore from the top of your head, through your face, your neck and shoulders, your arms, your chest, your torso, your legs, right down to your toes. Notice tension and relaxation, warmth and coolness, tingling and twitches and butterflies. As you do, your monkey brain will be activating lots of different parts of your brain. You’ll notice that you feel more “you.”

Give the voice in your head some quiet time

You are probably familiar with that voice in your head: the one that talks and talks and talks. If your monkey mind jumps around looking for trouble (to avoid!) then the voice in your head scans your internal experience, stabilizes it and reminding you of all the trouble that your thoughts might be creating. It can be exhausting.

Generally, if you try to turn off that running monologue, the voice in your head becomes even more insistent. It gets really scared that you are about to think something dangerous and it sends jolts of alarm through your body while it fights to overcome your programming and start talking again. It can be exhausting.

Poor voice. It is working so hard to keep you safe and on track that it might also be wearing you down and filtering out things you really would like to perceive (internally and externally). That is not its intention, it is just that we all get a little hyper when we have worked too many hours for too many days. What that voice in your head needs is a little rest and relaxation.

Do not turn off the voice in your head. Just run it a warm bath or send it for a massage. Put on some gentle music and let it coast for a few minutes.

One way to do this is for you to run a bath or go for a massage and hope the voice gets the message and chills out while you are chilling. Another way is to let yourself pay attention to other things for a time. Pull all of your awareness out to the edges and it will suddenly become very quiet in your head (do not tell yourself how quiet it is or you will have put the voice back to work before it has finished its tea).

You are your words and you are more than your words. Get to know both parts of you better by giving the voice in your head a well-earned break while you notice what you notice when you are open to yourself and the world. Monkey mind will keep you safe and nudge the voice back to work when you need it.

1 Guaranteed Result When You Get to Know Yourself Better

Your exploration of yourself is growing your brain

So what can you get - for sure and for certain - by paying more precise attention to your own experience? Isn't navel gazing a sure way to grow boring?

We cannot advocate becoming focused on just one part of you - not your navel and not any other one part (not the work part or the healthy part or even the fun part). Instead, we are sure that you will get real, tangible benefits by exploring all the parts of you with the same curiosity and excitement you would experience while exploring any other really cool territory.

What happens when you deliberately pay attention to your body, your beliefs and your relationships? We will leave the best parts to your experience. What will tell you instead is this: your brain grows stronger when it is working. It does not get tired because you are using it. It gets tired when you leave large parts of it idling.

Your brain forms more connections, produces more nutrients, and grows more cells when it is active. An active brain is one that is being stimulated in many, many different centres. If you spend all your attention on one complicated logical problem, you are using only a few parts of your brain. Instead, move your attention around, noticing your senses, your physiology, your connections to other people, and the stories you tell. Your brain will get a great workout and have energy to spare when you turn back to that complicated problem.

There does not seem to be any substitute for paying attention. Attention is our most valuable currency - it is irreplaceable when dealing with other people, and it is indispensable when growing ourselves. Attention stabilizes and stores experience so that we get smarter as we get older. Attention grows our brains where we need them to be stronger. Attention allows us to notice the world as a place worth our laughter.

Pay attention to yourself. Feed your monkey mind some papaya. You will like the results.

5 Reasons to Get to Know Yourself Better

1. You'll (eventually) discover something you didn't know about yourself - and like it.
2. You'll know where your moods, attitudes and beliefs begin -- and other people's stop.
3. You'll notice more than you imagined about the rest of the world.
4. You'll laugh more (you're really quite funny).
5. You'll find yourself on track to getting what you want.

4 Ways to Get to Know Yourself Better

1. Personality typing: you might not find yourself, but you'll find out a lot about what you think of other people
2. Sensory acuity: you are what you eat - find out what's coming in through all your senses
3. Storytelling: pay attention to the stories you are hearing and the stories you are telling
4. Relationships: what do you notice about the people you choose to have in your life?

3 Great Questions for Getting to Know Yourself Better

1. If attention were currency, where would I be investing?
2. What will change if I pay more attention to what is already working for me?
3. If I woke up one morning with everything I want now, what would I do next?

2 Things to Do Today to Get to Know Yourself Better

1. Stop at regular intervals, take a breath, and notice all the places your body is tense, relaxed, warm, cool, or tingling.
2. Stop thinking for a moment. Turn off the voice in your head and notice what it says when you turn it back on again.

1 Guaranteed Result when you Get to Know Yourself Better