



12 Practice Principles

9 July 2012

1. Every single person has talent, and not only do we all have talent, we are capable of more than we realize. The limits to the capability of the human body and brain have not yet been realized. The 100m sprint track event continues to be run in faster times. New discoveries continue to be made. The brain, we are discovering, has an amazing capacity to renew and rewire itself. Most of the limits we set on ourselves are not because of what our bodies and brain can do, but because of the stories we tell ourselves about what we can or cannot do.
2. The mind is able to find a solution to almost any problem if we direct it in the right way. We have, or we can find, the resources and skills we need to make almost any change we want to in our lives.
3. We live according to our conscious and unconscious thoughts. Our thoughts determine our feelings and behaviors, and in turn our results and outcomes. Our thinking is programmed by our past, but because we can think about how we think, we can choose to change our thoughts and so we can choose to change our feelings and our behaviors, our results and our outcomes.
4. Our perception is not reality, but it is real to us. We all see the world in a slightly different way because we all interpret sensory information somewhat differently according to our cognitive model of the world. We see the world according to our own worldview, which is not the same as the worldview of others. Because of this, all communication is projection.
5. It starts with a vision of something different; something better. If it is possible for one person then it is possible for another. If someone else has successfully achieved what you want to do, then there is a roadmap.
6. The most important thing to do is to take action. There is no failure, only feedback. There are no mistakes, only results. If things always go our way we cannot learn anything. The only failure is to do nothing.
7. If you want a different result you have to do differently. If you do what you have always done you will get the same results as before.
8. We are responsible for our lives. We are responsible for our responses to an event, even if we are not responsible for the event. We are responsible for defining our futures. The past does not define who we are and what we become unless we let it.
9. In any situation there are always choices, usually far more choices than we are consciously aware of. Doing nothing is making a choice.
10. Every relationship provides a mirror from which we can learn more about ourselves. We can use whatever we see in others and whatever irritates us about others to understand more about ourselves. Give up trying to change others and change yourself if you are not happy. When we develop relationships with people we learn how to dance together. When we change our dance – that is we decide to be and do different, the other person usually has no option but to change their steps in response.
11. The human brain has the property of neuroplasticity. It is not fixed in form and function, it has the ability to change its structure and function in significant ways. It can change in response to experiences, thoughts, and ingesting or absorbing different chemicals. These changes can include altering the functions of brain regions, expanding or contracting the amount of brain area devoted to different tasks, strengthening or weakening connections between different areas of the brain, increasing or decreasing activity in specific brain circuits, and altering the neurochemical messenger system.
12. In general judgment and criticism are not useful. Every action has a positive intention for the person taking the action no matter how strange it may seem to others. People do what they can with the level of awareness, knowledge, and skills they have. When they have more awareness, knowledge and skills, they can do differently. You don't have to make a meal of what people do wrong; you need to show how to do different/better.

