

# Destroying Self-Made Walls

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***"You are NOT unique."***

*- a voice says inside your head.*

***"Your success has all been LUCK."***

*- the same inner words sound between your ears.*

These negative statements seem to come out of nowhere. One moment you were riding the train to success, then the next you see the tracks racing by and feel yourself losing grip of the handrail.

What kind of crazy game is being played by some unknown force? This up and down of emotion seems out of place. Can't you just enjoy the moment, feel your confidence and take on each challenge with the ones you have already won?

Confrontation with yourself may seem like a cruel trick that some higher force has placed on you. But, there is a reason behind the madness.

The human mind, YOUR mind, is an unimaginably powerful, complex tool. Yes, it is part of your body, resides inside your skull, has been with you from birth and will be there at the end. But, it was also built to serve you.



Your fingers were formed to handle certain tasks.

Each specializing in their ability. The thumb is perfect for a 'thumbs up' signal, or hitch-hiking. The index finger does a wonderful job of flipping pages or pointing to that 'thing' you want on the top shelf. And let's not forget the middle finger or one use it has for angry situations. \*erg\*

The same holds true for your mind. It has pre-built tools that allow us to survive in the hectic world. From forming dreams in far away lands, to figuring out if  $2+2$  really equals 4. Your brain is an expert at using all the input/experiences you have lived through and presenting them back to you in times of decisions.

Among these super powers, comes the skill it has of allowing you to self-evaluate. Remember seeing something you wanted, like ordering 'that' dish at an eatery, then before the order is taken, you change your 'mind' and choose something totally different?

*Someone nearby may have asked you...*

***"I thought you were going to order the (dish)?"***

*And you reply,*

***"Yes, I was. But, I changed MY mind at the last moment."***

That statement is as powerful, as it is simple. YOU changed YOUR mind!



Why would a part of your 'self' seem to fight against your original decision? During these moments of in-decisions, walls within your judgement are continually destroyed. At first you wanted the Super-Duper All-In-One Burger with a side of crispy fries please, but, then your mind found a wall hiding a reason to get the salad with low-fat dressing, and tore it down!

Behind each of the walls you destroy, it is not just the reward of finding a moment of enlightenment, but, also an opportunity to build self-esteem and prove to yourself that YOU have what it takes to succeed. Recognizing who controls the walls, is a large part of successful people's approach to decisions they must make.

Returning to the two inner thoughts at the beginning of this article...

***"You are NOT unique."***

***"Your success has all been luck."***

These type of statements are not just echoing in the minds of people struggling, but, are presented to people at all levels of success.

These may seem like self-doubts and moments where weakness seems to be overpowering your ability to be a winner. But, they are actually your own brain giving you the ability to find strength in yourself, by seeing the walls, tearing them down, and rewarding your triumph for later use.



Everyone from the beginning of time has had self-doubts. It is becoming wise to the fact that walls will always appear in our path that helps us handle them. Understanding that each one is not a reason to fear/turn back, but, an opportunity to become stronger in knowing that we are the builder behind the bricks.

As these inner walls appear in your life, do not look at them as proof of your weakness, rather, know that it is **YOU who had the power to build those walls** and it is this same power that **allows YOU to destroy them.**

- *David Mielcarek, May 20, 2015*