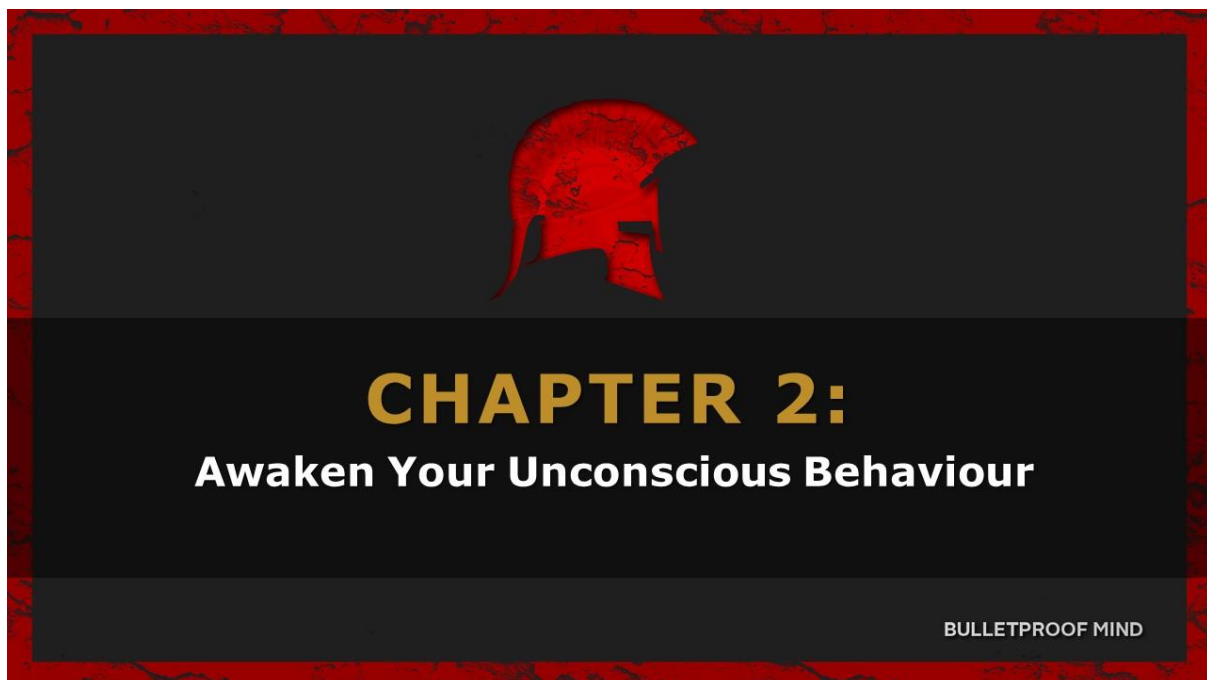
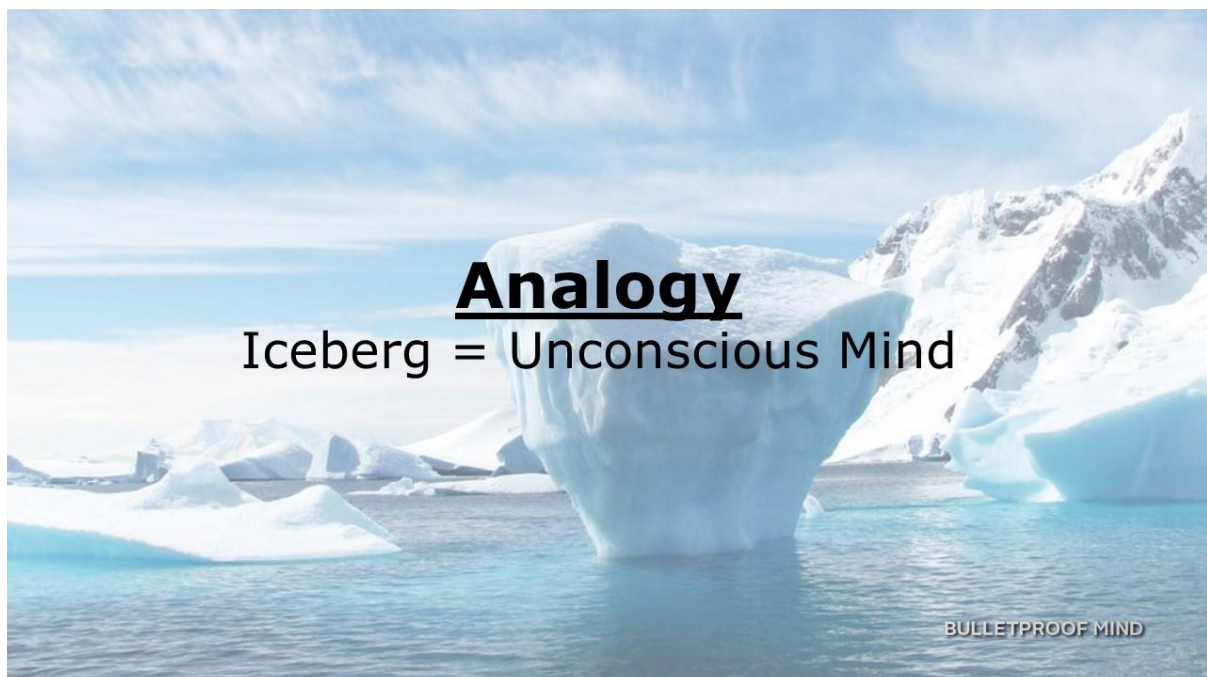


2-0 Awaken Your Unconscious Behaviors

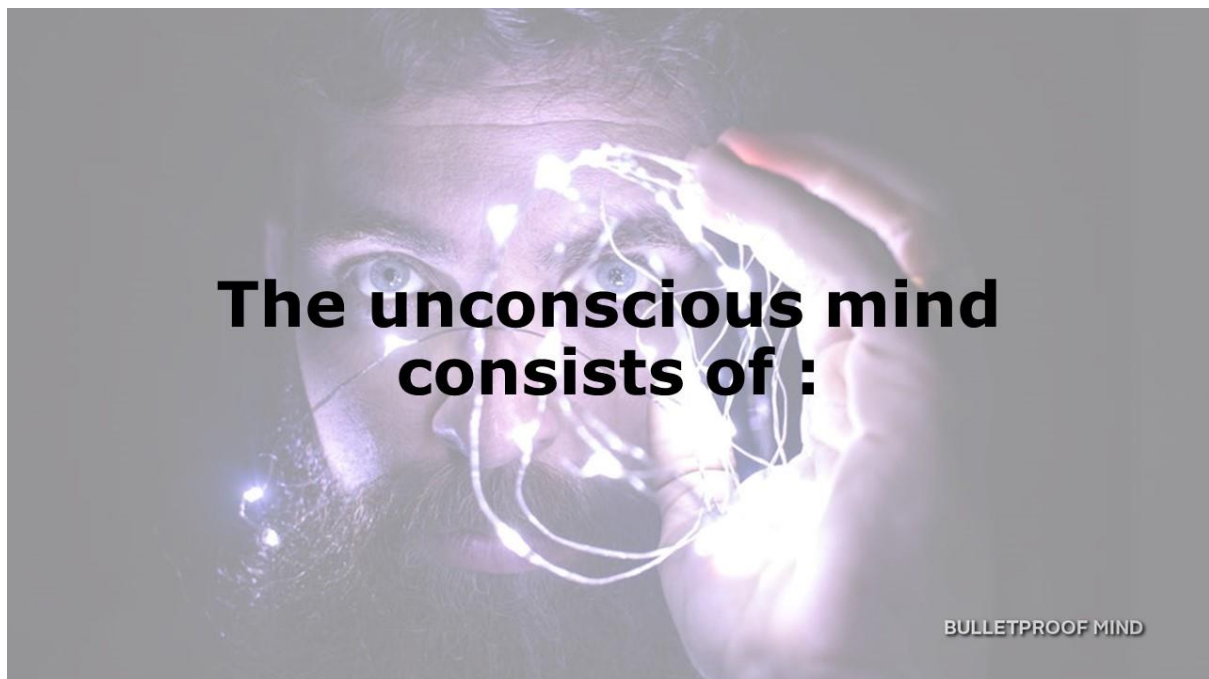


S1: Previously, we talked about defeating the inner demons from the past. In this part, we'll discuss more about rousing the unconscious behaviors within us.



S2: The unconscious mind can be likened to an iceberg. The tip of the iceberg above the surface of the water is your unconscious mind, and below is a mammoth sized chunk of ice, unseen. Due to its mysterious nature, the

unconscious mind is still not fully understood, but it's the part of your mind that you can't self-reflect on through conventional means.



S3: Besides repressed traumas, there are other things that an unconscious mind can consist of. This includes



S4: Motivations and Instincts. You may not know why exactly you grabbed that cookie when you were on a diet, but there is probably an unconscious desire to mess up your diet somewhere in your mind.



S5: Habits. Why do you eat food a certain way? These habits may have an unconscious action around them. You may be doing these things due to some trauma that you just can't remember.



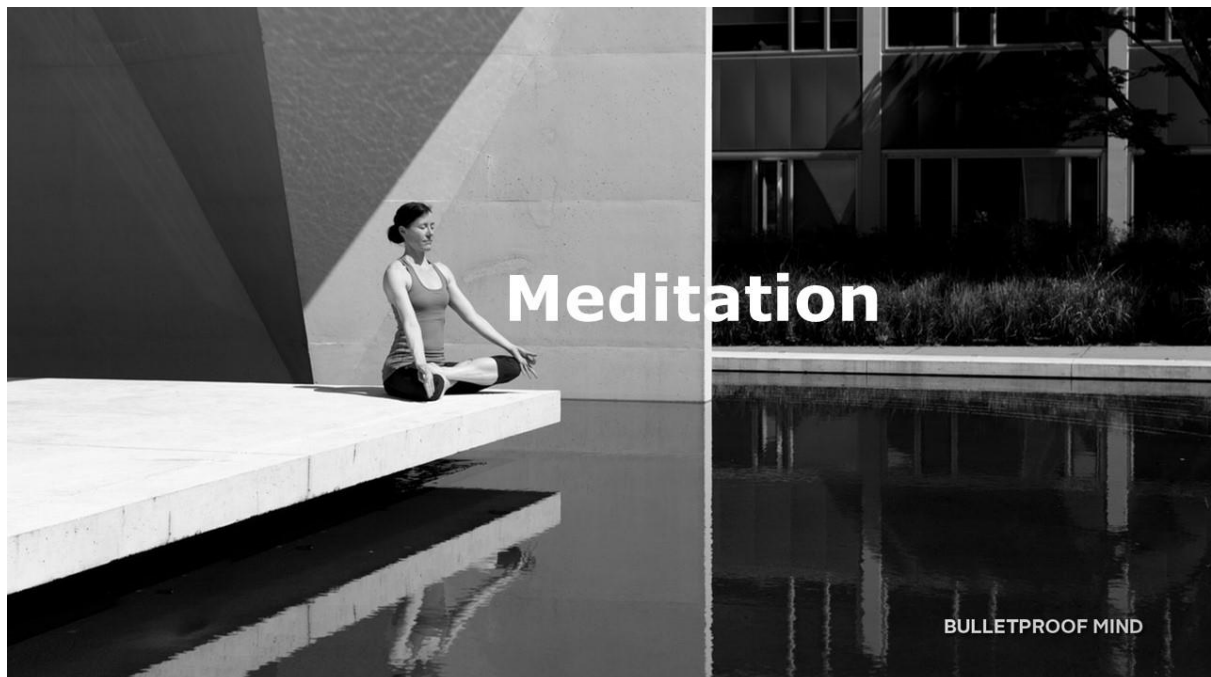
S6: Automatic Responses. Do you say "sorry" even when it's not your fault? There may be an unconscious reason for that. You don't want the person to get angry at you, and perhaps this is due to an authority figure getting unnecessarily angry at you when you were a child.



Ways You Can Delve Into Your Unconscious Mind

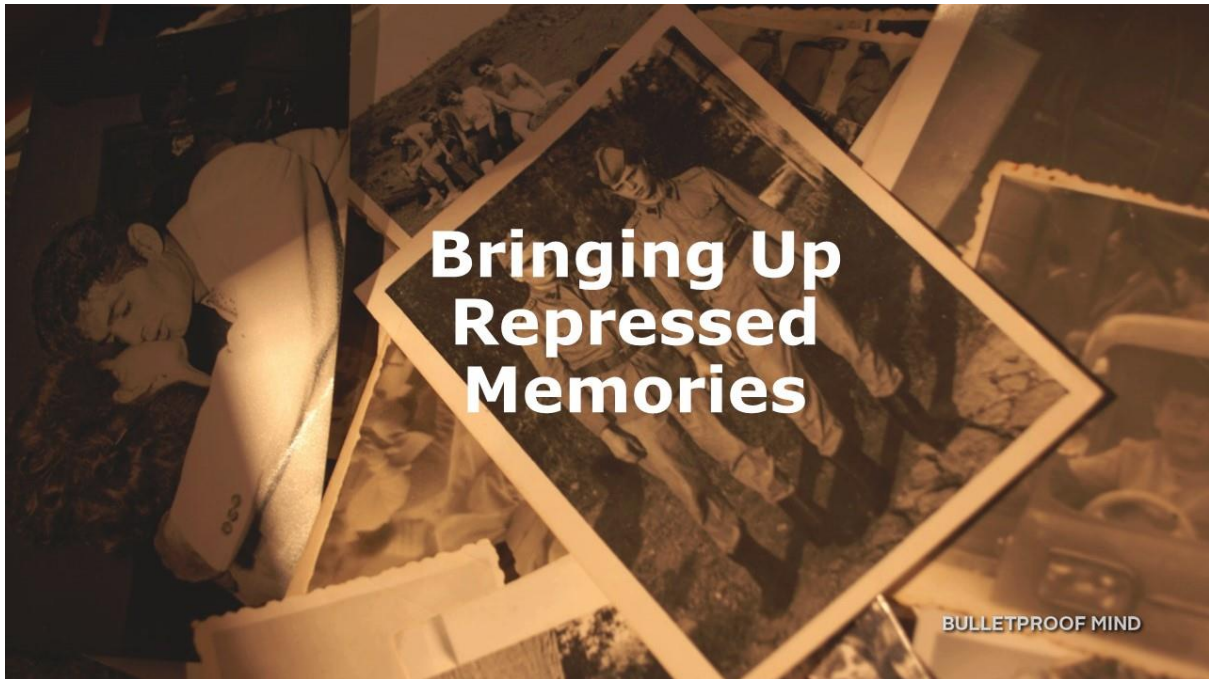
BULLETPROOF MIND

S7: The unconscious mind has the answers to most of your quirks. Here are a few ways you can delve into your unconscious mind.

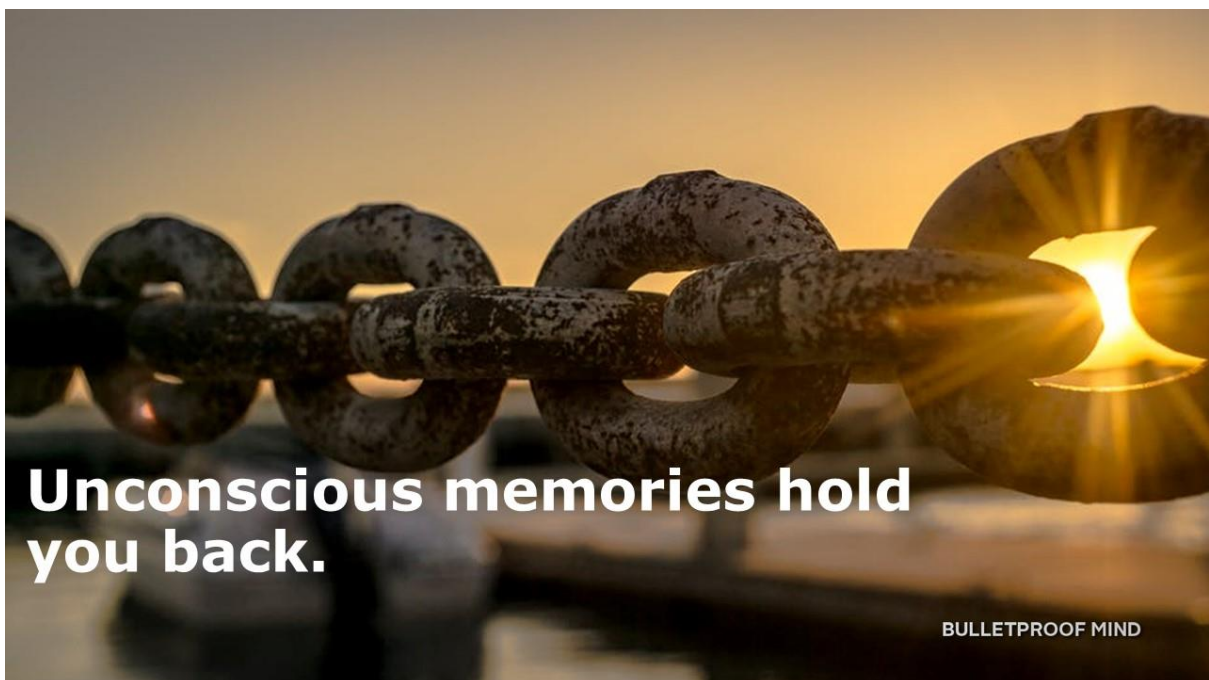


BULLETPROOF MIND

S8: Meditation is one way. There are a million ways to meditate, and you can probably look up some techniques online that best suit you. The basic understanding of meditation is this: finding a quiet, comfortable place, sit down, breathe deeply, be aware of your body's functions, and dive deep into your mind.



S9: Other ways to access your unconscious mind include bringing up some of your repressed memories. These can be done through therapy, or by talking to your family or friends.



S10: Unconscious memories hold you back. If you want to pursue a goal, but your unconscious mind tells you it can't be done, you're doomed from the start.



**Stop saying no to opportunity;
but don't expect for that to
bring you instant success.**

**Having a bulletproof mind
means accepting that losing is
fine sometimes.**

BULLETPROOF MIND

S11: Now, once you stop yourself from saying NO, that doesn't mean that everything you want to pursue will come to you. People will still say NO to you. You may end up losing something after taking a risk. Usually, the voice in your head saying NO has concerns that stem from a kernel of truth. But having a bulletproof mind means accepting that losing is fine sometimes.

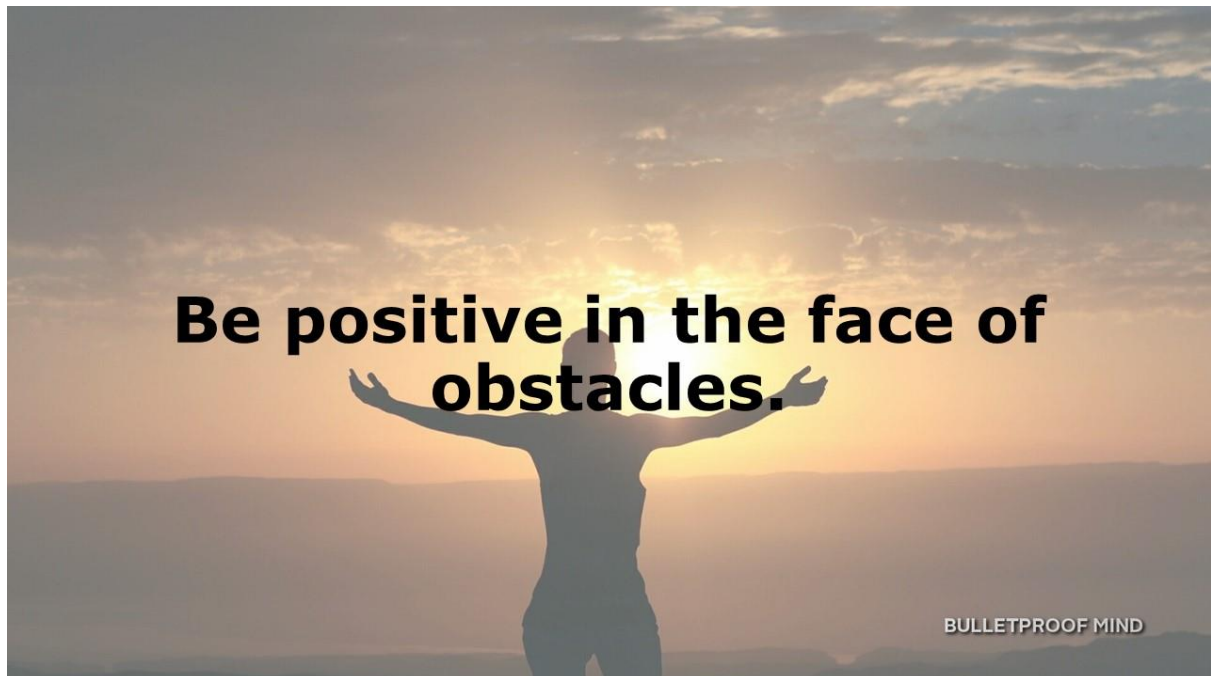


**Many successful people
failed multiple times before
succeeding.**

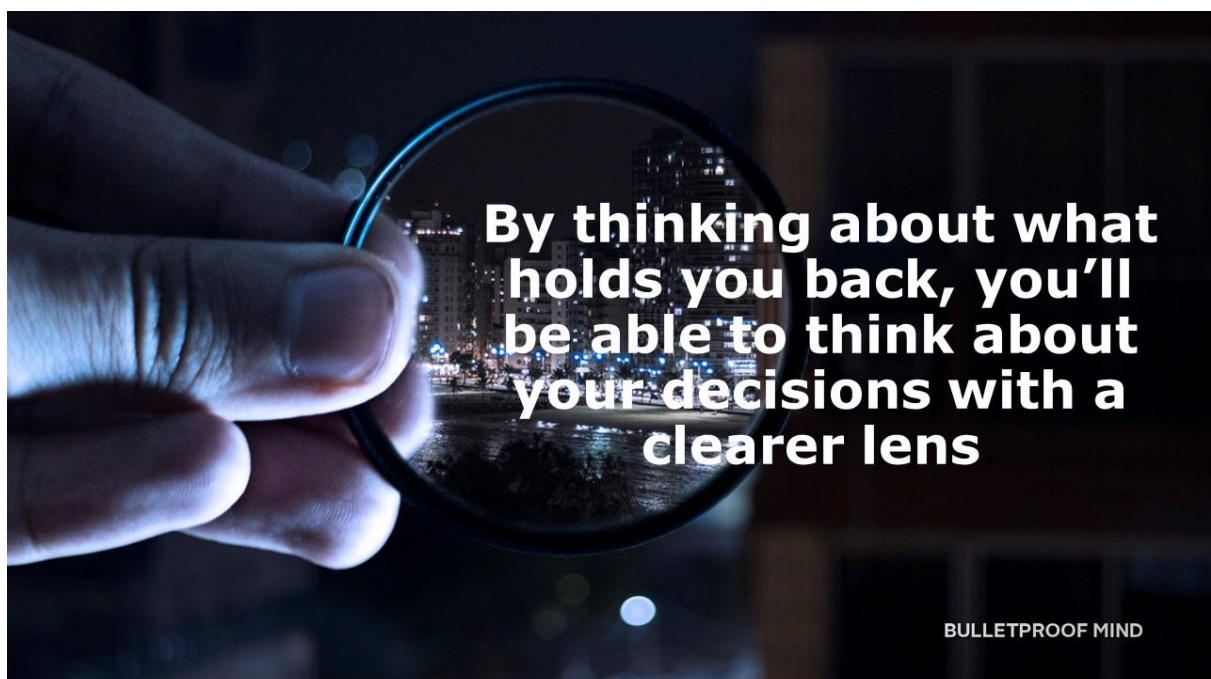
BULLETPROOF MIND

S12: The best people in the world failed multiple times before they succeeded. When that particular successful basketball player missed a shot, he didn't think,

“Maybe I should give up basketball,” but instead, “I wonder how I can shoot better next time.” Their resolve overpowered any doubts and made them into the people they are today. These people have bulletproof minds.

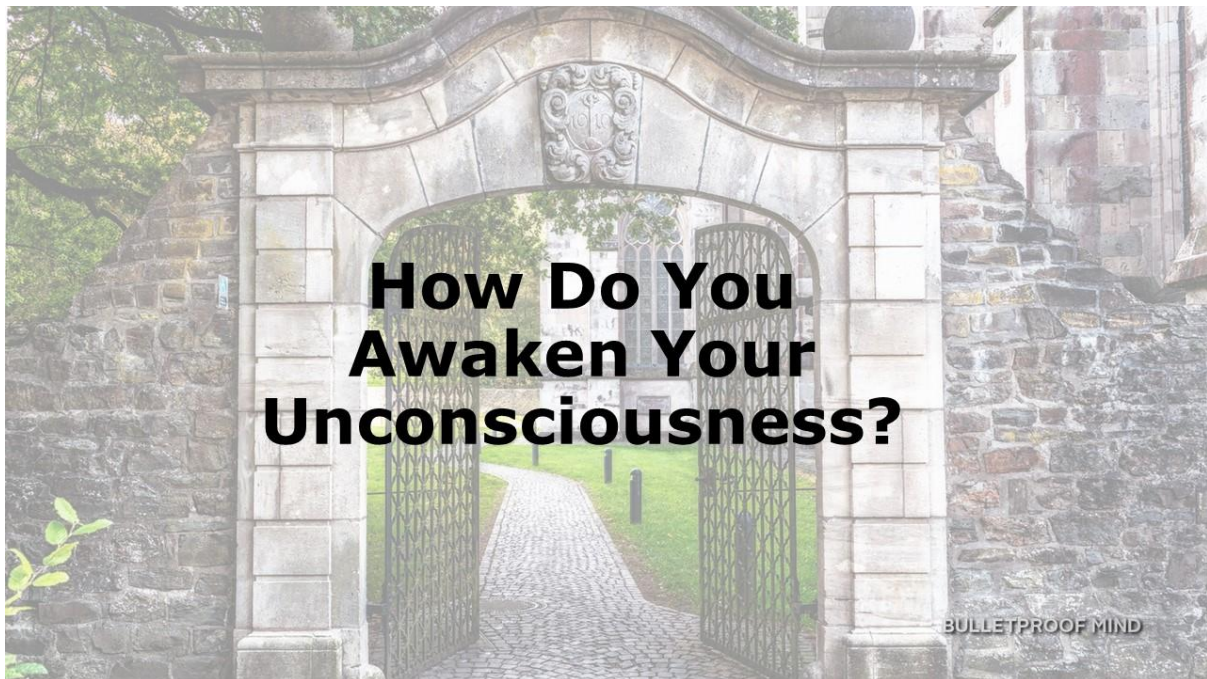


S13: Every time you face an obstacle, you don't need to cry and think that it's over. Instead, you turn it into positivity. Positive people have the push to go forward, which is what most pessimist lack.



S14: By thinking about what holds you back, you'll be able to think about your

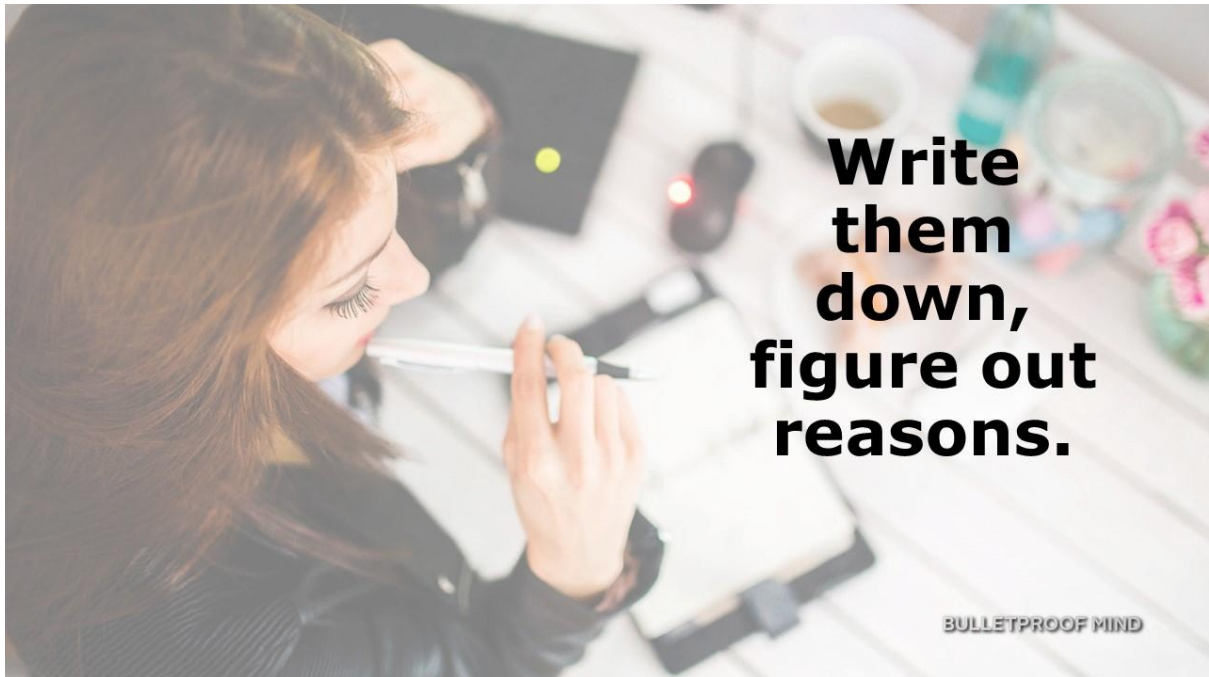
decisions with a clearer lens, and hopefully look at life from a different angle, regardless of whether you win or lose



S15: So, how do you awaken your unconsciousness?



S16: Begin by noticing all your quirks. If you can't figure out any, speak to your coworkers, friends, spouse, or family, as they can point out the little quirks you otherwise don't notice yourself.



S17: Write them all down, and try to figure out why you do it. You may not solve the mystery of your unconscious instantly, but this give you clues to get you started.



S18: Every time you perform a subconscious action, put it into a "mental note". Do this for something that you want to "fix", be it anger or frustration, try to control that emotion from letting it all out.



S19: Take small risks to see small changes in life. Not taking chances is equivalent to no changes in your life.



S20: As we can see, awakening the unconscious mind is crucial so you can address issues that result in negative mindsets or habits that hold you back from living the best life you can. Take these steps and incorporate them into your life, and see your life change before your eyes.