

Title:

Mental Muscle Memory

Word Count:

928

Summary:

When I was actively training at the Karate Dojo, every workout included time spent repeating i

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Keywords:

Article Body:

When I was actively training at the Karate Dojo, every workout included time spent repeating i

Muscle Memory, or, if you like technical terms, Neuromuscular Facilitation, occurs when you ha

Neuromuscular Facilitation or Muscle Memory allows you to walk, get dressed, tie your shoes an

Many, if not most of the activities in our daily lives are run by Muscle Memory. This is usual

If you golf, you know that a Muscle Memory that causes you to slice your drives is extremely d

The same is true with our thoughts. How many habitual thought patterns do you have that hold y

- Negative thoughts such as: I can't do it, I'm not smart enough, I don't have the money, I'm

- Inefficient patterns including: Procrastination, consistent tardiness, working under stress,

- Faulty beliefs like: You can't make a living doing what you love. You have to do it alone. I

All of these thoughts, patterns and beliefs are learned, usually at a very young age, and beco

So how do you shift these patterns? Here are a few techniques that can help shift MMMs:

- Acknowledgement and Acceptance: Obviously you have to acknowledge the pattern to begin shift

- Coaching/Mentoring: This can involve a relationship with a professional coach, a mentor, a t

- Logic: For you left-brained folks out there, sometimes, pure old reasoning works wonders. Le

- Affirmations: I know, affirmations got a bad rap thanks to Stuart Smalley and Saturday Night

In an easy and graceful manner

In a healthy and joyous way

In its own perfect time

And in the highest good of all

I am now Being my True Self and Doing What I Love in order to create all the money required to

You can use any or all of these techniques, or make up your own. Whatever method you choose to

It's the same with Mental Muscle Memory. Practice really does make perfect. So get out there a

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