



Blind Spots

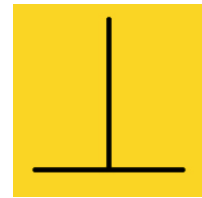
Blocking out information you receive through your senses can create *blind spots* to your awareness. *Selective attention* (concentrating closely on one particular thing) also affects the ways you perceive the surrounding world. Both of these things can affect your decision-making and performance.



What animal do you see?



What lady do you see?



Which line is longer?

There are things that you see, hear, taste, touch, smell, or believe to be accurate and which help you to move forward and make progress toward your goals and desired outcomes. Blind spots, however, can block you from progress. The caution here is when you lock on too quickly to one way of thinking or believe that “my way” is the only right way. When you do this, you risk locking out other possibilities! Is there another way? Consider this when goal-setting.

Application Questions/Activity:

- 1. If I take a look at all my past goals and results, were there other ways to accomplish the same results? Maybe better? Maybe faster?**
- 2. Did I have blocks to my awareness on goals that I may have missed the mark on? If so, what could I have done differently to get the results I desired? How can I use this information to grow and move forward?**
- 3. Am I stuck, or this is the “only way of thinking” mindset? Keep asking yourself: What am I looking for? What am I listening to that will help me? What am I feeling that moves me closer to my ideal results? How can I stay open to possibilities that will support my growth?**