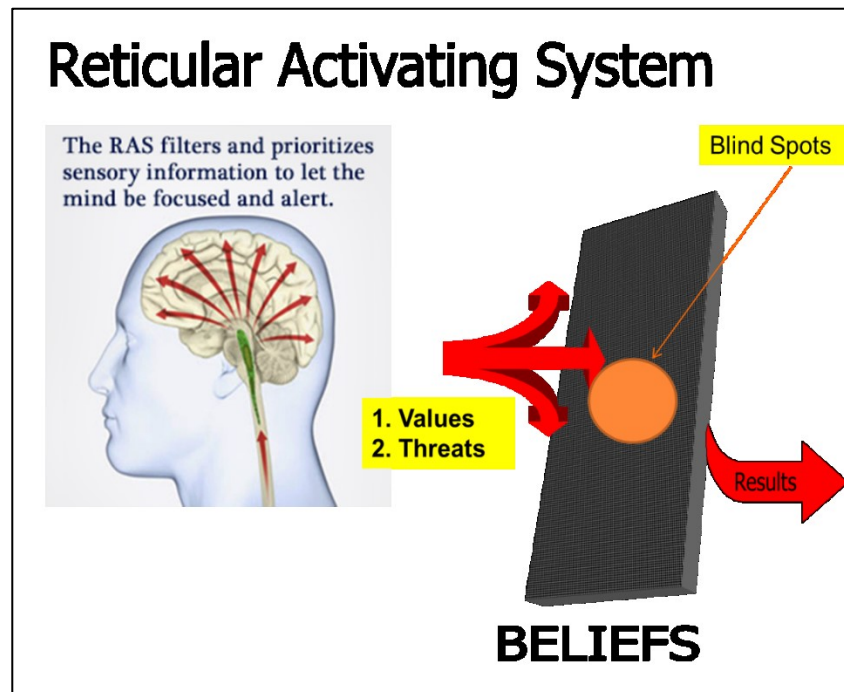




YOUR FILTER SYSTEM



🔥 The Reticular Activating System (RAS) is a filter system that is similar to a screen door; it allows in only what you determine is either a value or a threat.

🔥 What you define as a value or a threat can change. Significant events (weddings, promotions, terrorist attacks, robberies) can change your view, as can setting new goals.

🔥 Your beliefs and the story you tell yourself muddy the screen so that only information that validates your beliefs comes through.

Application Question/Activity:

1. While thinking about your current goals, what could be a threat to you achieving them, and what could be valuable to your achievement of them?

2. What is the “story” you tell yourself about your goal(s)?

3. Who do I need to ask, “What may I not be seeing, or what am I leaving out based on my life goals?”