

WRITE IT DOWN

There's seems to be some sort of magic in writing things down.

When the now-famous Jim Carrey was struggling to make ends meet he wrote himself out a check for \$10 million. On the memo line he wrote, "For Services Rendered." He carried the check around with him for years — and eventually he was getting \$10 million checks "For Services Rendered."

Lou Holtz, former head football coach at Notre Dame is another example. He wrote down 107 impossible goals when he was 28 years old. At that time he had just lost his job, had no money in the bank and his wife was eight months pregnant. Most of the goals probably seemed impossible at the time. The list included having dinner at the White House, appearing on The Tonight Show, meeting the pope, becoming head coach at Notre Dame, and winning a national championship. You know the rest of the story. Many of the seemingly outlandish goals he wrote down ultimately happened.

You can do the same — especially in regard to wellness. Somehow writing things down activates the energy of the universe or something. Putting it down in writing proves that we are in the game. It takes what previously was fantasy and makes it into something real.

There is some thought that writing things down helps to activate our subconscious so that we are working towards our goals almost without thinking about them.

Physiologically this may be partly due to a part of our brain called the Reticular Activating System or RAS. The RAS is a small group of cells at the base of the brainstem. Their job is to sort and evaluate incoming data. It acts as a sort of filter — helping your conscious mind be aware and notice things that are important.

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Here's an example. A couple of years ago we needed to get a new car. Our minivan was great but it wasn't very good in the snow and didn't have four wheel drive or good clearance. We started out looking into large SUVs like Suburbans and Yukons. But we didn't have much luck. After a while we found out that a Ford Expedition was similar. I wondered initially whether the Expedition would be a good choice. I felt like I hadn't seen many on the roads and maybe they weren't popular because they weren't as desirable as some of the other brands we were looking at.

We went ahead and bought the Ford (and it has been great). Suddenly though I was aware of these cars everywhere. It seemed that I couldn't go anywhere without seeing at least one of them out on the road. Obviously there weren't suddenly Ford Expeditions appearing magically out of nowhere. My mind was just more aware of them.

The same thing happens when we put our goals or dreams down on paper. Suddenly we are more aware of them. We are more in tune with the ways in which things are working together for us to accomplish them.

Whatever the reason, writing down our goals and desires makes them more likely to materialize.

Here's an idea to get you started. Write down a list of 10 things that you already know will increase your wellness but that you currently overlook or avoid. Try to be as specific as possible. Choose one item to do today and promise yourself that you'll do it.