

# Importance of self-development and the power of your subconscious mind. How a coach can help you

## Article:

Self-development and growth are the prime goals of every individual who is striving for excellence. It demands working on personal capacity, learning new skills, enhancing knowledge and developing an aptitude of growth. The development of self is a gradual process that continues to happen throughout one's life. However, not all embrace the challenges of this continual process openly. That is because most of the growth is outside one's comfort zone and most people avoid stepping out of it. In words of a wise man, 'change is hard at first, messy in the middle and gorgeous at the end'. That is why self-development is an ongoing hustle, a struggle that leads to mastery.

Since no vision can be fulfilled without breaking it into smaller actionable steps, likewise personal-development goals can be accomplished by creating achievable milestones. The key component of this process is reconstructing the mindset to embrace every challenge and turn it into opportunity of growth. And the underlying process is training the brain so it enthusiastically performs the hard tasks without disliking them.

Before training your brain, you need to understand the difference of conscious and subconscious mind. The conscious mind consists of thoughts, desires and emotions that are in our conscious perception. It is the mind that is involved in logical thinking, reasoning and controls our behavior and actions according to circumstances. <sup>[1]</sup> Whereas the unconscious mind accommodates rewarding, noteworthy as well as deranging thoughts, wishes, and memories of which we are not consciously aware. <sup>[2]</sup> It also controls bodily operations that are not in our

voluntary control i.e. motor functions, breathing, and heart rate. It is the reservoir of impressions and beliefs that drives our actions at any given moment. Learning how to create harmony between the conscious and subconscious minds is what leads you to achieve your substantial life goals of success and jubilation.

Neuropsychology studies demonstrate that lasting change occurs at the level of subconscious mind. Programming your subconscious mind is essential to unleash your true potential, the lacking of which results in unaccomplished goals. Without this harmonious state if you put your conscious mind against subconscious the later will unquestionably win. This is the reason you often procrastinate, miss targets, get demotivated and get off the trail.

It is the subconscious mind that makes you uncomfortable whenever you start a new activity, learn a new skill or modify any of your set patterns of actions. Fear descends and your inner critique alerts you to get back to your older self. This is the defining moment. This is what differentiates excellence from average. You have to fight the urge of returning to normal. You have to seek pleasure in practicing the new normal. A majority gets through this initial step successfully. However, they fail in being persistent and get hit by self-sabotaging thoughts of incompetency or lack of discipline. That is where you should seek guidance from some expert.

A skilled life coach can make you realize the true potential of actions towards self-development goals that cover all realms of life. History tells that the great men of all times were coached by experts to unlock their latent talent and boosting their brainpower. It is because the reprogramming of subconscious mind is easier when you are accountable to someone for every move you make or not make towards developing yourself. Getting help from experienced professionals not only prevents you from revolving in the vicious circles of non-fulfilment but also speeds the process of growth. They teach you the meaning of 'glow and grow through what you go through'. With time, these traits of discipline and perseverance will be cemented in your subconscious mind. This will sparkle all aspects of your life and lead you far beyond ordinary and mundane.

Citations:

- 'change is hard at first, messy in the middle and gorgeous at the end' - Robin Sharma

References: (DOR: 20-8-20)

- 1- <https://www.verywellmind.com/the-conscious-and-unconscious-mind-2795946>
- 2- McLeod, S. A. (2015). *Unconscious mind*. Simply Psychology. <https://www.simplypsychology.org/unconscious-mind.html>