



Boundary Conditions of Thinking

By Lyn Carman

Albert Einstein said, "We are boxed in by the boundary conditions of our thinking."

In all things in life, there are concepts – principles – that when adopted enable us to experience better results than if we're without them. Each edition we will begin to go through these foundation principles upon which other concepts can be built.

Have you ever been told that you can't do something? That it's just not possible? Has this deterred you from even trying? Do you stop yourself from experiencing life for fear of not succeeding?

As mentioned in my previous article in last Bulletin edition, until 1954 it was common knowledge that it was not possible to run a mile in under 4 minutes. Yet on 6th May 1954 Roger Bannister did just that and ran a mile in 3 minutes and 54 seconds. Now what's interesting about this story is not that Roger broke the record – but what was to follow. 2 months later, 2 more runners broke the 4minute mile. And within a very short period of time, more and more people broke the '4minute mile' myth.

Our boundary conditions are the conscious limits of our thinking the edge of our known world. Another way to look at it is it's the edge of our comfort zone, or the edge of what is familiar. Think about that, every result we get in our lives is based on what we know. We know how to make \$50,000 per year. If we knew how to make \$250,000 a year we would do that. We know how to have good relationships with two or three friends. If we knew how to have close, loving and outstanding relationships with ten close friends, we would create that too.

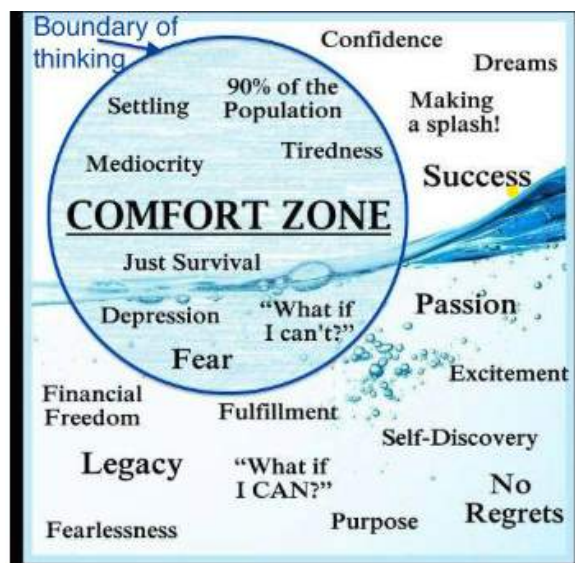
We don't because it is outside what we know. It is outside our boundary conditions, outside of our comfort zone.

To create transformation in any area of our life, involves us finding ways to go beyond what we know, to what is unknown. It is only in the unknown that the transformation we desire is available. We must go beyond the boundary conditions of our thinking. It is only in the realm of what we don't know that the magic is.



Expanding our thoughts beyond the boundary conditions of our thinking is about:

- ✓ Being self aware of when we are using old thinking to deal with new and unfamiliar situations.
- ✓ Asking different questions that focus less on the problem and more on what we need to learn to be able to manage it.
- ✓ Learning that courage can only come through action, it does not arrive by mail or just turn up one day.... we must act.
- ✓ Recognising that fear is normal, and that waiting for fear to disappear is waiting for the impossible...the fear is always there.... and so is courage, and when we act, we feel courage.
- ✓ Next time you notice yourself saying 'I could never do that', think about where that belief came from? Did someone tell you that? Did you read it somewhere? Whose belief is it?
- ✓ Question the belief. Just because someone else has said it, doesn't make it true
- ✓ Look for ways to overcome any limitations; has anyone else overcome the same challenges as you? – If they can you can too.
- ✓ Remember Roger Bannister and others whose unnerving beliefs have carried them forward in the face of uncertainty
- ✓ Make a commitment to not limit yourself anymore – what we focus on is what we get!



What are the real benefits when you're willing to step outside of your boundary of thinking, outside your zone of comfort;

- You'll be more energised and productive – Comfort kills productivity, and we can also fall into the "work trap", where we feign "busy" or feel overwhelmed, as a way to stay in our comfort zones and avoid doing new things. Pushing your personal boundaries will build confidence and increase self-esteem.
- You'll have an easier time dealing with new and unexpected changes – By taking risks in a controlled fashion and challenging yourself to things you normally wouldn't do, you can experience uncertainty in a controlled, manageable environment. Learning to live outside your comfort zone when you choose to can prep you for life changes that force you out of it.
- You'll find it easier to push your boundaries in the future – Once you start stepping out of your comfort zone, it gets easier over time. As you challenge yourself, your comfort zone adjusts so that what was difficult and anxiety inducing becomes easier as you repeat it.
- You'll find it easier to brainstorm and harness your creativity – Seeking new experiences, learning new skills and opening the door to new ideas inspire us and educate us in a way that little else does. Trying new things can help us reflect on our old ideas and inspire us to learn more, see old problems in a new light and tackle the challenges we face with new energy.

Your boundary condition of thinking is your home base, a safe place not to stay in, but to return to, after each exhausting and exhilarating expedition through the wilderness of life. Take a look at your life today, if you are enjoying a shelter of comfort, break through it and go outside where life awaits.

