



Magic-Wand Thought Experiment

1. Imagine I have a magic wand I can use to remove all the internal resistance in your brain. Beginning tomorrow morning, you will no longer be able to avoid anything related to how you want to use your talents. If you plan to write an email, you'll write it. If you want to prep the hell out of your audition or pitch or interview, you will. If you want to revise the screenplay this weekend, it's as good as done.

Now envision what it would be like to live an entire day under these conditions, from the when you wake up until you go to bed. Notice how it feels to think about EVERY day being like this: no internal resistance available to put the brakes on, forever. What are the thoughts, feelings, images, stories, involved.? What's positive and what's negative? Note down everything that comes up for you.

2. Now read through what you've written and pay attention what jumps out at you. Where does the strongest negative emotion seem to be concentrated? This is a good indication of where to dig further.



3. Once you've identified this area, brainstorm for associations. What moments in the past feel like they could be related? What did you learn in those moments about the feelings/actions/events it was super important to avoid? What rules do you think your brain created as a result about when and how to protect you?
4. Do you still think these rules still should apply in the present? Do you want them to?