

TRAIN TRACK OR JET PACK?

A METACOGNITIVE APPROACH

The simple truth is that our behaviors stem from our thoughts. What we think has an irrefutable impact on almost everything in our lives. It drives the things we do and don't do, inspires the things we say and don't say, and colors our feelings about the people and events that surround us. Clearly what we think is important.

Surprisingly however, what we think is far less important to our ultimate success or failure than how we think

Your brain has two primary modes of thinking - let's call them **Train Track and Jet Pack**.

Train Track Thinking is your default. Our brains lay track (actually neural pathways if you're a brain geek like me) by taking in information from the external world and embedding it through repetition. These paths become automatic so we don't have to waste valuable resources thinking about things we already know how to do. The problem is that our brain creates these default pathways for everything that it has experienced repetitively and so sometimes it can lead us astray. Whether you are speaking to yourself or others, when you're on the Train Track your thoughts are simply running down a line without your choosing them intentionally.

Jet Pack Thinking (or meta-cognition) is when you're thinking about what you're thinking. Confusing? Not really...by stepping outside yourself and noticing your own thinking you are affording yourself the opportunity to make choices that are not available when you're on the train. Looking down from the Jet Pack view you are able to ask yourself questions like:

- Is this getting me closer to or further from what I want?
- What do I want to have happen here?
- How do I want to show up?

How we think underpins every outcome, every result, every triumph, and every defeat. Unfortunately, that process usually flies under our radar leaving many of our most critical moments outside of our own power to choose.