

Are you trained like a flea?

You are probably asking yourself, “What kind of question is that, Lou?” Or maybe you are asking, “Can a flea even be trained? And even if a flea can be trained, what does that have to do with anything?”

Please, just bear with me on this one.

Now, we all know that fleas are, basically, annoying little pests. But did you know that fleas are known as being able to jump vertically up to 7 inches and horizontally up to 13 inches? They are one of the best jumpers of all animals relative to their body size!

Let’s say that you were to take a flea and put it in a jar without any lid. What do you assume would happen? The flea would just jump out and you’d never find it, right? (Please do not try this at home.) Well, you’d be correct in that assumption. It would just jump out of that jar and to who knows where.

Now, the one thing about fleas is that they can be conditioned based upon their surroundings. What do I mean? If you were to put that flea in a jar and put a lid on it, they would jump, and jump, and jump – hitting their little flea heads the whole time. What happens, though, is that they then begin to jump lower and lower until they no longer hit the lid of the jar. At this point, you can take the lid off of the jar and the flea will never jump high enough to jump out...forever!

Why is that?

It is because the flea now truly believes that it cannot jump any higher or it will hit its head. It has been conditioned, or trained, to never go any higher. I’m sure you are wondering, “Why am I even reading this? What is the point of this useless knowledge?”

Think about it. How many times in your life have you been told or heard things such as:

“You will never accomplish that!”

“Go back to school?! Are you kidding?! You’d never succeed. You’re too old!”

“You pretty much have failed or quit in everything you have tried. What makes you think this time is any different?”

“You will never amount to anything more than where you are now.”

“You are a failure!”

“Do you REALLY think that YOU can make a difference?”

Whether you have heard this from a family member, a teacher, a supervisor, or whomever, what ends up happening is that you begin to be conditioned to believe that you can only go so high – that you are limited in success or what you can accomplish. If you attempt to ‘jump’ any higher, **YOU.WILL.FAIL.**

In essence, you have been trained to only go so high – or nowhere at all. This is all because of those things in your life, up until now, that have convinced you that this is all you will ever be. You have been trained, conditioned, and are now held back by the fear of failing.

However, what makes us humans so remarkable and different than a flea, is that we have the ability to re-train or re-condition our mind and completely change the direction of our entire life! When you

realize that you have this ability, your life will change. This realization, according to Maslow, is called Self-Actualization. The Oxford Dictionary defines Self-Actualization as,

“The realization or fulfilment of one's talents and potentialities, especially considered as a drive or need present in everyone.”

So, what does this mean? It means that what other people think of you is none of your business! Let them worry about that. See, you just need to worry about what YOU think. You've got to do your best. And if you think you've done your best, then that's good enough!

Now the big question that you may be wondering, “How can I re-condition my thinking?” Well, you have learned your first lesson in this re-conditioning – Self-Actualization!

REALIZE YOUR POTENTIAL!

My next post '[What if I Fail?](#)' continues on this topic and move to another step in re-conditioning (re-training) your mind for success.

Let us not be conditioned with limits! JUMP HIGH!

Lou Everett