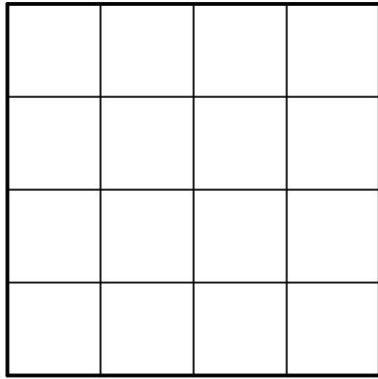

5 Minute Mind-Hack No.1

Four by Four Grid

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In the 4 x 4 grid below, how many squares are there?



The issue with this answer:

The immediate answer normally given is 16 and I know that for most of you reading this article, 16 is the answer that automatically popped up from your subconscious storehouse of knowledge into your conscious mind.

If you slow down and think however, you will see more squares because the outer rim makes one square, as do the middle four squares within the grid.

Each corner of four also makes up another square and the same goes if you start at the top left of the grid, go along three squares, down three, back three and up three.

There are also another four squares if you look at the middle of each rim, i.e. go in one square from the top left and then just go down two, along two, up two and back two.

In all, there are 30 squares within this grid but how many additional squares did I add after the original 16?

Many of you will have answered with 14 because the difference between 16 and 30 is obviously 14 but this is our pre-programmed subconscious mind in autopilot again, it stops us from actually thinking because we want answers quickly and it duly delivers, but does it?

I never added any more squares, they were already there to see and all I did was bring them to your conscious awareness, no tricks or magic but just an insight on a different way to think.

My Action Plan

The old habit I will stop

The new habit I will start

First Steps I'll take to begin

Ways I will stay strong

People I'll enlist to help me

Any other considerations

Thinking differently

If I'd asked the initial question in this example in a slightly different way, you may well have given a different answer but the thing about mind hacking is that once you learn and practice the principles, it doesn't just enable you to influence your own thinking but you can also influence that of others... it really is quite a powerful process to learn.

In my experience, this example mind hack illustrates in a very simple way, the potential of all people and how they possess much more than is currently being used. By this, I mean that many will be using the 16 squares (or quite possibly less than 16 if not fully motivated) but possess 30 if only they knew or someone else like a great manager, coach, mentor, parent could help draw out.

Quote to finish on

"When you change the way you look at things, the things you look at change" Wayne Dyer

Additional Notes: