

A photograph of a white plate filled with fresh raspberries, resting on a light-colored wooden surface. The entire image is overlaid with a semi-transparent red filter. The raspberries are vibrant red and have a textured, bumpy appearance. The wooden surface shows natural grain patterns.

Productive Insights

7 Mistakes Your Brain Makes Everyday

A mindfulness analogy and how to use it to overcome
the above mistakes we make everyday.

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7 Mistakes Your Brain Makes Everyday And How To Fix Them Using Mindfulness

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This is the narration of an article that I wrote as a guest contributor to [lifehack\(dot\)org](http://lifehack(dot)org).

Reach out to me on ash@productiveinsights.com if you need help implementing these ideas in your business.

Key points covered in the article:



1. Our tendency to avoid threats — as opposed to our tendency to maximize opportunities
2. Gamblers fallacy and how to overcome it
3. How to deal with cognitive dissonance
4. How to become aware of confirmation bias
5. Learn how not to confuse selection factors with results
6. How to not fall victim to price anchoring
7. Dealing with overwhelm by not falling victim to the paradox of choice

Conclusion

- A mindfulness analogy and how to use it to overcome the above mistakes we make everyday.



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