WEEK 1: FAITH – Find Answers In The Heart:

Major Points this week:

* Identify limiting beliefs
* Choose strategies to establish new beliefs in our abilities and ourselves
* Determine what is most important to us (Our top values)

COMMITMENT:

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. I have learned a deep respect for one of Goethe's couplets:

"Whatever you can do or dream you can, begin it.
Boldness has genius, power and magic in it."

W.H Murray

We would accomplish many more things if we did not think of them as impossible.

Chretien Malesherbes

Limiting Beliefs: What are they?

Beliefs that hold us back from becoming the people we are supposed to be.

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What are some of the limiting beliefs that might hold me back?

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FAITH:

Identify what is in your heart. Do you really have the faith to achieve big dreams?

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What do you believe?

About yourself?

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About your abilities and talents?

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About the way life treats you?

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About the way you get what you want?

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Are these the beliefs you want?

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What can I do to change my beliefs?

* Awareness
* Support
* Small Steps – build in achievement
* Reward the activities / accomplishments (Doing and being)
* Journal / write daily
* Change the questions we ask ourselves. Instead of asking why is it so hard to lose weight, ask: What will I be seeing, hearing, and feeling as I reach my ideal weight? (find my ideal job, etc.)
* Act as if.
* Beyond affirmations: Questions
	+ What is it about me that can …?

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Additional resources:

<http://www.tamingyourgremlin.com/tips.cfm>

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VALUES: What is most important to us? If you have a clear idea of what your values are, write them down here.

If you want to use an on-line tool for this, here’s one that works for a lot of people:

<http://oca.cce.umn.edu/prototypes/cardsort/values/>

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Post your top values where you will see them often.

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Next week: DREAMS – Defining Reality Eventually Achieves My Success