

The Power of Your Beliefs Part 4



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Session 3 Recap

The Identity - Beliefs cycle
Your central core identity
Goals and Affirmations

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Your Identity

Your Public Self
Your Negative Self
Your 'Real' Self
Your Spiritual Self



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Deepest need...

Our deepest need is to remain consistent
with how we define ourselves.

So how do you define yourself?

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Goals and Affirmations

Clearly define what you want. Clarify
what it means to you and imagine
actually attaining your goal

Create affirmations that support your
goals

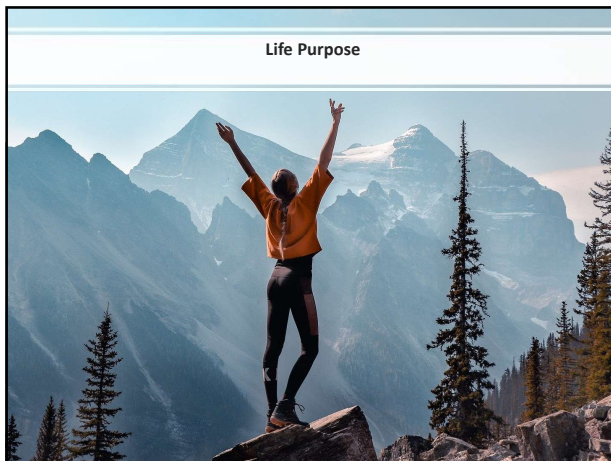
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Session 4

Purpose
Creative visualization
Life Success Formula



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Your Purpose

You need an inspiring purpose and the more it is all embracing and worthy, the better.

Get CLEAR on what you want and who you want to be. Especially who you want to be: qualities, specialities, personality, etc

When your purpose is clear, then every decision can be made considering that purpose

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Creative Visualisation

Imagine as clearly as possible what you want to happen (or who you want to be), as if it has *already happened* or is *already happening*, and so creating *an inner experience* of what it would be like to have your desire come true

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Invoking that Vision and Purpose

What kind of:

Thoughts
way of speaking
way of acting
way of being
do I need to embrace, to make it a reality

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Life Success Formula

- Step 1:** Be very specific about your goal
- Step 2:** Decide on a strategy
- Step 3:** Take consistent action
- Step 4:** Turn failure into feedback
- Step 5:** An empowering Belief System
- Step 6:** Values – Our driving force

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The Laws

Parkinsons Law

Every task will fill its allotted time

80:20 Law

You'll get 80% of your productivity from 20% of the things you do

Seed and tree

The energy you start something with determines its outcome

Now or never

Your power exists only in the 'now'

Accountability

Keeps you true to your purpose and goal

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Going Forward

Less is more

Go deep, not wide

Revise your discoveries

Practical plan of implementation

Fun and laughter

It's all about the journey

Giving is receiving

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The Power of Self Belief - End



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