

BELIEF SYSTEM

FOR SUCCESS

TRAINING



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MINDSET



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MINDSET

Our Mindset is our foundation. It is where we operate from. Our Mindset is the soil for our garden. We need to nourish it so it is receptive and open to sustain the seeds we plant.

Fixed Mindset

- No space for change
- Talents lead to success
- Cannot develop or improve new skills
- Not open to new perspectives

Growth Mindset

- Space for change
- Efforts lead to success
- Learn from mistakes and experiences
- Improve our skills and qualities

5 Tips to go from Fixed Mindset to Growth Mindset

1. Acknowledge your weaknesses
2. Learn from your mistakes and experiences
3. Celebrate your efforts. Small wins and achievements should be rewarded.
4. See Challenges as Opportunities
5. To evolve, listen to yourself, and know when to push yourself, and when to take a step back.

BELIEF SYSTEM



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Belief System

What are my limiting beliefs?



Where did I get it from? My own experience, told by someone, etc?



What evidence is there that invalids the belief?



If the belief is actually true, what can I do differently to get different outcomes?

If the belief is not true...

Plant ONE new seed. Come up with one positive and nourishing thought you want to cultivate.

Identify your Belief System

1. On the left side column, write down all the negative and limiting thought you have.
2. On the right side column write down any evidence that proves that statement to be true or false. Look for counter statements that disqualify your initial thought.
3. The idea with this exercise is that you realise that most of your thoughts are self-created and not valid.

Negative / Limiting Thoughts

Evidence / Counter statement

Now that you have noticed that your negative and limiting thought are self-created, and not valid (as you found evidence that proves it wrong!) you can create a new thought that you will repeat to yourself every time the negative one shows up. This is a more positive, uplifting and sweeter statement that you will over time store as your new true!

Alternative thought/sweet talk

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EXAMPLE

Negative / Limiting Thoughts

"No one will download my guide"
"I don't add any value"
"I am not good enough"

Evidence / Counter statement

10 people downloaded my previous guides
I gave workshops and taught people about psychology
I helped someone find their career path
I graduated from university and got a good grade on my thesis

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Alternative thought/sweet talk

There is enoguh space for me

MASTERY



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MASTERY

Once you have become aware of how your own garden looks like, where you are operating from and what beliefs you have planted and stored as your truth, you have now the responsibility and ownership to modify anything that isn't serving you.

You are in charge to make space to plant new seeds that will support your growth and wellbeing, that will help you move forward, take the challenges, shift perspective, so you can achieve your goals and become the person you are meant to be!

Repetition will kick in - make sure you commit to the daily practice of nourishing your new seeds!

COGNRATULATIONS

You have begun your journey in becoming aware of how you have been conditioned and programmed. You are bringing awareness in understanding how your Mindset and Belief system look like so you can then take ownership and create a new reality for yourself.

If you are ready to take a step further, I have something special coming up for you!



BLOSSOM

6-week group coaching program for women.

Send me a message for +info and to receive a special discount during the pre-launch!