SELF-BELIEF ASSESSOR

"True inevitability becomes a certainty when fueled by undeterrable self-belief"

You've already gotten a great head start to solidify your belief in yourself, especially with the Personal Relationship Assessor. So, let's build on that.

In fact, this is a good time to revisit your ratings about how you treat yourself. Hopefully, you found those activities helpful as a self-check about how it's going these days with your self-image, your self-esteem and your inner monologue – and that you're being nothing less than kind to yourself.

You've also just completed your Purpose Pinpointer and Intention Setter to discover and chart your course. Now let's focus on the most important part: to make it inevitable that you'll reach your destination. It's a great concept. But there's only one power source that can fulfill your purpose - your "why" - to bring that eventuality to fruition.

It's self-belief.

When we consider Inevitability, it applies to very specific events or significant personal goals in which we fully believe and are totally committed to make happen. They are our inevitabilities and, possibly, your legacy achievements. Of course, all of this must be within reason and conceptually attainable. Setting an intention to walk on the moon doesn't fly.

Once again, being in the flow and manifesting material things by experiencing them as almost effortless is something else. As we explore the topic of Inevitability, it's more about eventualities that are *effortful*.

The Law of Attraction can't write a book for you or start a company or do what it takes to make that endeavor successful.

As implied, achieving something effortful takes a combination of willfulness, tenacity, grit, passion and, ultimately, the full degree of faith in ourselves. Think of it as compulsory. Consider yourself unstoppable. Without that self-belief to strengthen our resolve, we will either veer off course, compromise our goals or, worst of all, give up on ourselves entirely.

© 2021 Z University, Inc.
All Rights Reserved

So, let's get to the heart of what matters. Earlier, we relied on the Belief System Assessor to establish some context for our perceptions about our experiences and the world around us. In contrast, self-beliefs are not religious, political or secular views, but rather they are personal assessments about our capabilities and what outcomes we expect as a result of our efforts.

As such, these evaluations strongly influence the careers we seek, the relationships we pursue, and ultimately what we do or do not accomplish in life. As powerful as they are, if someone asked you to name which self-beliefs influence you most, you probably wouldn't know where to begin.

That's precisely why we're bringing these beliefs and how they influence you to the forefront to enable you to harness their power. Given that they dictate what we consider to be possible or achievable, gaining this clarity will further reinforces your self-belief.

It's also not enough to take a snapshot and call it a day. Clarifying your self-belief is less than half the battle. The more challenging task is to validate and, in certain cases, invalidate them. In short, a belief not based on fact will only serve to hold us back in a negative way. Given that they filter our internal and external perceptions, we need to keep pressing forward here.

By extension of perception, our self-beliefs can empower us as well as limit us. Our limiting beliefs hold us back and feed our negative thoughts and emotions that prevent us from achieving our true potential. On the other hand, our empowering beliefs embolden us with the resilience to belief in ourselves as well as invoke positive thoughts and emotions.

For our purposes, it is most essential to identify limiting beliefs and assert our will to transform them into empowering ones. After all, if we're being nothing less than kind to ourselves, we will rid ourselves of these constraining beliefs that hold us back, make us unhappy and prevent us from realizing our full potential.

As obvious as it is, this is where we're poking around our inner most selves. Objectivity may not be possible, which is why it's in your best interest to make a greater commitment to yourself by involving others for support, be that a friend, a coach or a therapist.

© 2021 Z University, Inc.
All Rights Reserved

ACTIVITY 1 – RECOGNIZE YOUR LIMITING AND EMPOWERING BELIEFS (30 MIN)

Sometimes there's just no other way but through. In this case, there's some substantial introspective reflection to be had. You've already gained a lot of clarity from other activities, so draw upon those insights.

Review the columns below and choose whether you hold limiting or empowering beliefs for each topic. Then imagine how you think, feel and act based on each example.

LIMITING BELIEF	EMPOWERING BELIEF
● I am ugly and unappealing	● I am attractive and desirable
● I am stupid	● I am intelligent
● I am worthless	● I am worthy
● I always fail	● I always try my best
● I need to be wealthy to be happy	● I can choose to be happy no matter what the circumstances
● My body type is such that I cannot lose weight no matter what I do	● I can be slim and healthy if I exercise and eat right
● I will never be successful unless I have a master's degree	● My success is determined by how hard I work rather than my education level
● My family background limits what I can become in life	● I can become anything I want to with the proper training and effort
● I cannot start a business because I do not have the capital	● I can start a business by meeting the right people and getting an investor
● I am too old to do something	● My age means that I have the experience and wisdom to do anything
● I will never find the right person for me and get married	● The right person for me is out there. I simply need to get out and meet people
● Most people are dishonest and out to cheat me	● The majority of people are honest and kind
● I am not a good public speaker and will embarrass myself if I speak on stage	● I can speak about any subject if I research and prepare myself

© 2021 Z University, Inc.
All Rights Reserved

ACTIVITY 2 – PINPOINT YOUR LIMITING BELIEFS (20 MIN)

Nobody ever said that soul-searching was easy. However, something so life-changing lends itself to being worth the effort. Given its purpose, you will want to align this activity with being in the right headspace and free of distraction. Take your time and be honest with yourself. Stick with it knowing that the rewards are beyond worth doing.

SOUL-SEARCHES	LIMITING BELIEFS
● In what areas of your life are you not getting what you want?	***Note:*** *prior tools and activities may already indicate responses, such as about your relationships, health, career, finances, personal growth or impact.*
● What areas of your life have you tried to improve but did not get your desired results?	*Revisit your prior personal growth efforts and consider how you feel you fell short and why.*
● What aspects of your life make you unhappy and discontented?	*Are you a complainer? Is your discontent truly about the topics that bother you or the fact that you complain at all?*
● In what areas of your life do you feel weak, powerless, incompetent, or held back?	*Distinguish over what you do and do not have control. Accept the things you cannot change.*

ACTIVITY 3 – REPLACE LIMITING BELIEFS WITH EMPOWERING ONES (ONGOING)

Limiting beliefs become ingrained over years of subscribing to and reinforcing them. And, though replacing them with empowering beliefs won't come easy, the process is fairly simple and straightforward. Of course, it's best to begin your efforts by believing they can be undone and substituted. Here's an approach to consider taking.

1. Identify a limiting belief and think how it has held you back and worked against you.

2. Choose from among your limiting beliefs one that you think there's some evidence that proves it to be false. Turn your attention to that evidence and let it sink in until you know in your heart and mind that your limiting belief was false. Really spend some time thinking about this until you know that your limiting belief was not based on reality.

3. Now replace your limiting or negative belief with an empowering and positive one. Use the evidence to let go of your old limiting belief by admitting that it was false and restraining you. Now turn your attention to reinforce your new empowering belief. Keep it front and center to remind yourself and reinforce every day. The more you consciously think, feel and believe them in your core, the faster you will be able to replace the old ones. The more you practice this, the sooner your subconscious mind will start inducing corresponding empowering thoughts, feelings and actions. Use alerts, post-its – anything.

© 2021 Z University, Inc.
All Rights Reserved