

Self-awareness: To go anywhere you must know where you are.

What are your pain points?

What is your life like. What don't you like about it. What do you want to change.
What are you doing if you had time and money and freedom? What holds you back?

What are you looking for?

Business/job/time freedom/income

What do you need to be able to say YES.

What are your reasons for not doing something already.

What objections will you need to overcome?

What is your greatest fear.

What are the benefits when you succeed?

How will your experiences of life be?

What assurances do you need?

What is your level of risk/reward.

Do you listen to Podcasts etc.?

Which ones and why. What do you want from them.

What do you read?

In the "self-improvement" Reframe that: choose what new knowledge are you learning and applying it to your life.

What are your Top 5 Must haves in life.

Use the wheel of life as a measure.

Wise Thought:

Rewiring your mind.

Many people used to think that reaching a certain age meant your brain stopped evolving. That's where the saying "you can't teach an old dog new tricks," comes from.

It might be harder to rewire your mind as you get older. But recent studies have shown that's not entirely true.

Our brains are more like plastic that you can mold. It exhibits "neuroplasticity," which means our brains constantly shape who we are.

In fact, every time we learn a new skill, our brain adapts.

It can change in size and structure to accommodate the new things we learn.

Our brain evolves.

Research also suggests that actively engaging your brain helps prevent or delay degenerative brain diseases.

Look at it this way.

By performing certain actions or habits, you can change the way your mind operates.

Thoughts:

Mindset Definition:

Mindset: is the utilised capacity to use your mind, to reorganise and rewire your brain's learned structures and nervous system. This is using the higher faculties of mind.

And the great thing about this concept is that it is just a skill because skills can be learned.

It's just learning to understand how structures are created and how to reconstruct the path of least resistance.

Clarity of Purpose:

A common roadblock preventing most of us from achieving greater clarity in our aspirations to realise them is this persistent belief that we need 100% clarity from the outset – this is a myth.

Success often requires a leap of faith, navigating through the unknown, and gaining clarity progressively, over time. We must be willing to do something poorly before we get better at it. Failing is how we learn.

Personal Growth:

It typically starts by taking the time to gain a deeper understanding of ourselves and our early experiences, including childhood traumas and limiting beliefs that get programmed into our subconscious and shape our worldview at an early age.

Self-Image:

Self-beliefs are not like knowing you live in Omaha because you do—and since they have no possible basis in fact.

Self-beliefs can reflect only what they are: something you happen to believe, whether the opinion is wanted or unwanted.

One reason you have the ideals you do is to hide unwanted beliefs from yourself.

If you know what they are, there is no longer any reason to hide it.

It is important that you understand that holding unwanted beliefs does not stop you from creating your highest aspirations and living according to your deepest values.

What you think about yourself is irrelevant to your business-building process.

I know that this is the opposite of what you've heard your whole life: that somehow, what you think about yourself will determine your destiny. That is simply NOT true.

Interesting Fact:

Instead of focusing on self-esteem, Asian cultures tend to emphasize hard work—probably the reason their performance is better.

This strongly suggests that the modern American idea that self-belief is crucial for success is not correct."

My belief is that if you do something repeatedly you will become better at it.

That is a doing behaviour, but first you must BE the person who does the activity.

Most of us live in a cocoon of personality—the made-up story of who we are.

It seems dark and dusty inside this little cocoon, and we think we can't get out.
We tell ourselves stories about our personality, but these stories aren't reality.

Deep down, we know we're more than this personality.

We could tear open the cocoon if we wanted to.

We could push out and see the light of the world.

We could learn to fly.

But most of us will live trapped inside our personalities for our entire lives, never knowing that we can leave.

We are victims of our own invented limits.

We wake up each morning to a world that is dim and unclear.

There are so many problems wrapped around us; there is almost no light.

Pushing against the inner wall of the cocoon seems futile.

Why bother? I am the way I am.

Just not true.

You are who you are because of what knowledge you acquired and have held onto with a meaning you gave to the experience of learning.

No one can make you change.

No one can stop you from changing.

No one really knows how you must change.

Not even you.

Not until you start.

You may not like what you actually think about yourself.

In an Ideal/Belief/Reality conflict because the structure is trying to obscure the unwanted belief, your life inadvertently becomes a struggle between true desire to accomplish the things that matter most to you and trying to live up to the ideal hiding the real belief.

Information:

Many of us consume information. We think we are smart. The truth is, we are not very smart at all.

We have gathered a lot of information, but we don't use it.

Our behavior is controlled by our paradigms, (contextual way of being) not by the information they've got.

They're not doing what they know how to do.

For some strange reason, they never figure it out.

They never stop and analyze their own behavior in relation to what they know.

Its application of knowledge = personal power.

The resource centre is your place for knowledge and different concepts.