

Be Yourself,



ONLY...
BETTER!

SELF-LIMITING BELIEFS?

Self-Limiting Beliefs has both positive and negative impact1

SOURCE of LIMITING BELIEFS

Core Beliefs are formed early in life1

BELIEFS BECOME LIMITING

Beliefs are NOT Factual!2

SELF-TALK & LIMITING BELIEFS

Research shows humans experience about 6000 thoughts per day2

OUR BRAIN & LIMITING BELIEFS

Beliefs signal the brain to immediately represent what is happening2

TYPES of BELIEFS

Psychology & Sociology Research Divided Beliefs into Different Types3

LIMITING BELIEFS @ WORK

The most common Limiting Beliefs people experience in the workplace3

TRANSFORM LIMITING BELIEFS

S.T.E.A.R. Model & 5 Simple Steps to Transform Thinking & Limiting Beliefs4

REINFORCE NEW, BETTER YOU

Actively challenging thinking daily to replace existing beliefs with new thinking6

APPENDIX A: S.T.E.A.R. Model & TRANSFORM MINDSET templates

REFERENCES