

MINDSET COACHING

ULTIMATE EMPOWERMENT
BELIEF STACK - LESSON 3

HOW TO ACQUIRE NEW
SKILLS AT ANY TIME
IN ANY AREA

SUMMARY

This class is about the 25 beliefs you'll need to adopt on your road to success. In Part 1, we discussed the belief that our potential is nearly limitless. In Part 2, we explained why personal growth should be your highest priority

In this section, we dive into what we refer to as "*the only belief that matters.*" **You can acquire new skills at any time in any area.**

Without this belief ingrained in your mindset, it will become impossible to move forward or see yourself beyond your current set of circumstances. Let's discuss how and why this belief is possible.

** This worksheet is designed to briefly outline key points from the videos and help build on what was taught. This is not a detailed summary of every point. For deeper explanations on each point, re-watch the videos and take notes! If you have any further questions, be sure to ask in the ITU community group.*

YOU CAN ACQUIRE NEW SKILLS AT ANY TIME IN ANY AREA

This belief is the starting point for all growth. If you don't believe you can acquire the skills needed to move forward, you won't even try. You'll stay stagnant, believing what you were born with is the end all be all. Changing your skillset is possible at any time in your life. There is even science to back it up.

NEUROPLASTICITY

It's a common misconception that childhood is the only time to learn new skills. That once you're an adult, it's too late to do things like learning a new language or a new instrument. Though the period of early childhood brain development is a prime time for this type of learning, it's not the only time. Building connections in the brain (aka synaptogenesis) and removing them (synaptic pruning) all come down to repetition. What skills will you practice to improve and become better? What bad habits will you keep repeating that bring you down? Whichever patterns you choose to repeat or stop will determine your future skillset. Your brain is already equipped for evolution. The neurons in your brain are designed to transmit new skill information when you practice it.

For example, if you spend 90 days in a row practicing public speaking, you will see an improvement at the end of that period. Your brain will get in a rhythm of speaking to a crowd, dealing with audience noise and feedback, thinking on-the-fly, etc.

Your neurons will start to reinterpret how your brain communicates with that activity. On the other hand, if you spend 90 days telling yourself you just weren't born to speak in front of crowds, your public speaking skills will only stay stagnant or maybe even get worse. You are further cementing your belief and skill level based on your actions.

THE BRAIN THAT CHANGES ITSELF

It's crucial to create the best environment for your growing mind to flourish. All the work to acquiring new skills won't matter if the rest of you isn't able to supply the process. The 4 things that help to prime your brain for consistent, healthy growth include:

1. **Getting Sleep** - Living in a state of sleep deprivation forces you to operate in a place of diminishing returns, both mentally and physically. You need the energy to perform and execute at a high level every day.
2. **Eating Well** - Cutting out highly processed carbohydrates and sugars is an excellent place to start. But ultimately, you need to experiment with different foods to find the best diet for you and your metabolism.
3. **Exercising** - Your brain and body work as one system. To optimize one, you need to pay attention to the other.
4. **Learning New Things (Use Or Lose)** - Your brain's capabilities will wither away if you just ignore them. Practice learning something every day in the same way you would train your body. Keeping both healthy will serve you well in youth and old age.

THE BRAIN NEEDS STIMULUS TO CHANGE

The next thing to understand is that changes to the brain are activity-dependent. You have to take control of the process by engaging in activities that will enable your brain to alter itself in the ways that you want. The type of activities that will help transmit new neuron input include:

- **Behavior** - You have to spend time doing the things you want your brain to get better at. Without practice, your mind won't reshape in the way that you want. It won't learn to adapt to that activity.
- **Environmental Stimuli** - Your surroundings dictate what your mind absorbs. Carefully choose what and who you're around daily. How are you feeding your brain? What are you looking at or listening to daily that are influencing your development?
- **Thoughts** - Did you know thoughts can switch genes on and off? By simply thinking about something, you can change the structure of your brain. This is why negative thoughts or dwelling on failure are so dangerous. Those thoughts patterns will rewire your brain for a harmful neurochemical response. Rehearsing will makes that negativity seem normal. Take control of your thoughts to take control of your mind. The only way to do this is by practicing internal alerts' for when positive thoughts come (so you can allow them in) and when negative thoughts come (so you can reject them). Build a voice in your head that will act as a filtration system.
- **Emotions** - How you feel about and react to things mirrors your brain's response patterns. Understand what your emotions are doing and why so your brain can digest those feelings accordingly.
- **Active Learning** - *Neurons that fire together, wire together.* Meaning, your brain will make the connections of how to function in new ways through engagement. Activate new neurons by being active.

GETTING TO SUPER HUMAN

There are so many extraordinary cases of the brain remapping itself in ways no one thought possible. There are stories of devices helping the brain recalibrate senses. There are even stories of doctors removing half of someone's brain so they can function normally again. In both cases, the brain adapted to the new circumstances despite how drastic the event. These types of stories are proof that the brain is very capable of accepting change and creating it. Be sure to watch the full class video for a more in-depth look at these unbelievable case studies and more.

Now that you have this information, it's time for the next step: ACTION. Without action, none of this will matter. Disciplined practice is the only way to rewire your brain and gain the skills you need to move forward.

Let's also acknowledge that we are talking about LITERALLY restructuring the fabric of your being through thoughts and actions. If it sounds insane, it's because it is! It's insane how possible it is, and how difficult it may at first feel.. Don't let either of these truths overwhelm you. Do the activities that make foreign skills feel more familiar every day. With the right commitment, we know you can get where you want to go.

Q&A TAKEAWAYS

How do you prevent the vast potential of the brain from overwhelming you?

You have to learn negative thought pattern interruption. When you catch your thoughts spiraling on the road to chaos, there needs to be a voice in your head that puts a stop to it ASAP. Like anything else, doing this takes lots of practice and self-awareness.

READING LIST:

- *The Brain That Changes Itself* by Norman Doidge

ACTION ITEMS:

1. Prime your brain for growth with the following activities:

- a. Go to bed at 9PM. Use this target time as a starting point for finding the amount of sleep you need to function optimally.
- b. Stop setting an alarm. You should get to the point where you're waking up because you have enough rest, not because an outside element forced you.
- c. Cut out sugar. It has been proven to not serve the brain well.
- d. Massively reduce processed carb intake.
- e. Exercise 20 - 30 min a day, at least 3 days a week. The body and mind work as one unit. Both need to be healthy.

2. Start training your brain for something by picking a useful skill and getting after it. Decide what skills will serve you in the long run, and commit daily to the daily practice of it. Start by answering the questions below:

- **What's the skill you want to practice?**

- **Why does it matter to you?**

- **How you will develop it?**

- **When will you schedule it?**

- **Check in: how is your skill growth going?**

3. Think about where you want to be in the future. What type of life do you want? What version of yourself do you see?

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From that picture, choose a skill that serves towards getting there. For the five brain stimuli listed below, describe what the ideal activity or environment would be to best help you develop this skill and why. Get as detailed as possible. Picture the days of you working on this skill to identify how each category should look.

Behavior

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Environment Stimuli

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Thoughts

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Emotions

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Active Learning

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