

MINDSET COACHING

ULTIMATE EMPOWERMENT
BELIEF STACK - LESSON 1

HOW TO THINK AND ACT
LIKE YOUR POTENTIAL
IS LIMITLESS

SUMMARY

Although our brains are called computers in a metaphorical sense, that can be taken literally as well. Our performance is solely dependent on the mental hardware and software at work. Like all computers, functioning at our highest level requires updating the right software over time. But how do we decide what to install? The brain's potential is vast and limitless. Which software is the right software? Here's where your beliefs come in.

Your beliefs are a vital part of your mental operating system. What you choose to believe will determine your ability or inability to execute in life. The wrong beliefs that limit or doubt your potential will keep you stuck thinking that's all you're capable of. Often people mistake these adopted beliefs as the truth and base their life around them. The good news is with the right understanding and effort; you can change these beliefs and adopt new ones.

In this class, we will cover the beliefs you need to be successful.

** 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.*

PART 1

To start, here are the core beliefs we will be operating from throughout this class. These should serve as your foundation for everything we discuss going forward.

ROOTKIT BELIEFS:

- You're roughly average.
- Average is enough.
- Beliefs themselves are malleable.
- You have the ability to grow & adapt.
- The brain can change.
- You can improve via deliberate practice.
- It's good to push beyond limits.
- Action cures all.
- There's always a solution.
- Yet is real.
- Human potential nearly limitless.

**Be sure to check out our Mindset 101 class for a deeper look at these beliefs!*

HUMAN POTENTIAL IS NEARLY LIMITLESS

Like all beliefs, the foundation of this one starts with a choice. Will you choose to believe there are some things you will never be capable of? Or, will you choose to believe you just aren't capable YET? Choose a mental model that prioritizes solutions over obstacles. Study people that did the unthinkable such as Roger Banister, Ernest Shackleton, or Wim Hof. To them, the word "impossible" became irrelevant because:

1. They BELIEVED specific skills could be used to overcome the obstacle
2. They BELIEVED they could develop those skills

For more proof on the power of belief, look no further than epigenetics. These studies have shown that thoughts are capable of altering gene functions based on environmental demands. Organisms can literally change how their DNA responds to the world around it using their mind. Change is absolutely possible my friends. You're designed to do it.

Repeating self-perceived traits about yourself is another example of beliefs shaping your reality. For example, if you continuously label yourself as "someone who is never on time," you are reinforcing that identity. By saying it over and over to yourself and others, it cements in your mind that it can't be changed. This false belief convinces you there is no point in trying to improve because it's just who you are. In reality, you have the power to change it. You can figure out how your decisions are making you late and commit to fixing them.

ACTION ITEMS

1. Audit the language of your self talk

The language you use programs and rewires your brain. Be hyper-aware of how you talk to yourself. What thoughts are you feeding yourself daily? Write it down.

2. Introduce the word YET

Start implementing the word "yet" into your dialogue. It reminds you any goal is attainable if you apply yourself. There are no walls, only obstacles.

3. Journal what you want to get good at

Potential is useless without an exciting goal. Journal about what you want to achieve, and why it matters to you. This will build excitement throughout the process.

READING LIST

- *Power of Impossible Thinking* by Yoram Wind and Colin Crook
- *Think and Grow Rich* by Napoleon Hill
- *Can't Hurt Me* by David Goggins
- *Endurance: Shackleton's Incredible Voyage* by Alfred Lansing

Q&A TAKEAWAYS

To firmly implement new beliefs into your mindset, use the following tools:

1. Relentlessly audit the language of your self-talk.
2. Hold yourself accountable when you mess up.
3. Decide what your belief values will be and repeatedly absorb them for reinforcement. It has to become a point of obsession. Mantras are an excellent tool for this.

To keep your beliefs intact against external pressures or circumstances, reinforce them until they're a part of your psyche. Wrap your mind around the fact that external beliefs can't overpower yours. When your beliefs are rooted in YOUR truth, they aren't vulnerable enough to be compromised. It's not even an option. They become part of your DNA.

NOTES

A series of horizontal dashed lines for writing notes.

NOTES

A series of horizontal dashed lines for writing notes.

NOTES

A series of horizontal dashed lines for writing notes.