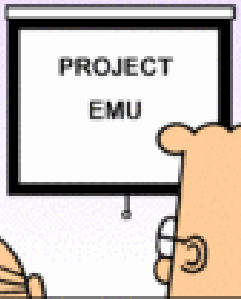


I COULD HAVE E-MAILED YOU MY POWERPOINT DECK, AND YOU COULD HAVE READ IT IN FIVE MINUTES.



BUT I PREFER MAKING YOU SIT HERE FOR AN HOUR WHILE I READ EACH BULLET POINT IN SLOW MOTION.



P-O-I-N-T
N-U-M-B-E-R
O-N-E...

YANK THIS AS HARD AS YOU CAN.



Dilbert.com DilbertCartoonist@gmail.com

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BELIEFS

From Unlimited Power by Anthony Robbins

Pablo Casals

Cousin's "Anatomy of an Illness"

Beliefs

- Usually think in terms of creeds or doctrines.
- But a belief is any guiding principle, dictum, faith, or passion that can provide meaning and direction in life.
- Beliefs are the prearranged, organized filters to our perceptions of the world.

Beliefs

- Beliefs are commanders of the brain.
- When we congruently believe something is true, it is like delivering a command to our brain as to how to represent what is occurring.
- Casals believed in music and in art. That provided daily miracles for him.
- His beliefs transformed him daily from a tired old man to a vital genius. In a profound sense, his beliefs kept him alive.

“One person with a belief is equal to a force of ninety-nine who have only interests.”

--John Stuart Mill

Beliefs

- Can be the most powerful forces for creating good in your life.
- Can also limit your actions and thoughts.
- Provide power to take action and create your world.
- Help you see what you want and energize you to get it.

People who have changed history:

- Christ, Mohammed, Copernicus, Columbus, Edison, Einstein
 - Have been people who have changed our beliefs.
- To change our behaviors, we have to start with beliefs.

Power of Beliefs

- Beliefs (congruent internal representations) control reality.
 - Multiple personalities
 - Hypnosis (ice, hot metal)
 - Placebo/Nocebo Effects
 - Andrew Weil – drug studies
 - College students and alcohol studies

Power of Beliefs

- What counts is not reality but belief – the direct, unquestioned communication to the nervous system.
- Belief is nothing but a state, an internal representation that governs behavior.

Beliefs are a Choice

- Can choose beliefs that limit you.
- Can choose beliefs that support you.
- Best: choose beliefs that are conducive to success and the results you want and discard the ones that hold you back.
- Beliefs are not static.

What Are Beliefs?

Beliefs are preformed, preorganized approaches to perception that filter our communication to ourselves in a consistent manner.

Where do Beliefs Come From?

1. Environment

- Albert Einstein: “Few people are capable of expressing with equanimity opinions which differ from the prejudices of their social environment. Most people are even incapable of forming such opinions.”
- Dr Benjamin Bloom (Univ of Chicago) and studies of successful young athletes, students, musicians.

2. Events, large or small, help foster beliefs.

- * Where were you the day the Challenger space shuttle blew up? Or Sept 11, 2001?
- * Experiences form beliefs that can change lives.

3. Knowledge can foster belief

- * Direct experience, books, movies, etc.

4. Past Results

* Belief that you can do something is to do it once and if successful, you'll believe you can do it again.

(self-fulfilling prophecy)

5. Create in your mind the experience you desire in the future as if it were here now. (Experiencing results in advance)

* Imagined experiences can effect the brain as does past experience.

Beliefs

- What are some of the beliefs you have that might have limited you or impacted your resilience:

List five

- 1.
- 2.
- 3.
- 4.
- 5.

Beliefs

- Now list five beliefs that might serve to support you and strengthen resilience:

1.

2.

3.

4.

5.

Beliefs of Successful (Resilient) People

Belief #1

Everything happens for a reason and a purpose, and it serves us.

Beliefs of Successful (Resilient) People

Belief #2

There is no such thing as failure. There are only results (outcomes).

Beliefs of Successful (Resilient) People

Belief #3

Whatever happens, take responsibility.

Beliefs of Successful (Resilient) People

Belief #4

It's not necessary to understand everything to be able to use everything.

Beliefs of Successful (Resilient) People

Belief #5

People are your greatest resource.

Beliefs of Successful (Resilient) People

Belief #6

Work is play.

Beliefs of Successful (Resilient) People

Belief #7

**There's no abiding success without
commitment.**

W.I.T.

“What would you attempt to do if
you knew you could not fail?”

--Robert Schuller

Personal Beliefs

- Money
- God
- Country
- Love
- Health
- Happiness
- Aging
- Sex
- Success
- Guilt
- Prejudice
- Self-worth
- My place in the world

Assignment 3: Interview

- READ
 - **“Tell Me More: The Fine Art of Listening”**
- Groups chosen next week (15th)
- Due March 29 (spring break 22-26)

- Test 2 will be on March 29 –beginning of class
 - (NOT March 15)

Assignment 4: Personal Paper

- Preparation
 - Beeper Activity
 - Emotions Log
 - ABC Worksheet
 - Personal Beliefs
 - Knowledge of Self
 - ❖ STRENGTHS
 - ☐ Consider all other “quizzes,” handouts, worksheets done in class