

COMBATING LIMITING BELIEFS

PRESENTED BY DEANNE JAMES

TODAY'S AIMS:

- What are limiting beliefs?
- How are limiting beliefs formed?
- Identify your limiting beliefs.
- Techniques for counteracting.
- Cultivating positive beliefs.

GENERALISED VIEW OF YOUNG PEOPLE.

- Disconnected
- Angry – Violent
- Lost
- Rude – Disrespectful
- Narcissistic
- Hoodies
- Gang Members
- Selfish

HISTORICAL VIEW

Historian Greggory Pearson

'I think morals are getting worse.'

1843 – Lord Ashley House Of Commons

'The morals of the children are tenfold worse than formerly.'

HISTORICAL VIEW CONT..

1950's Teddy Boys

1960's – Skinheads, hippies, rockers.

1970's - Punks

1980's - Ravers

OBSERVATION

- Normal
- Suspicion and disconnect on both sides
- Negative

DEFINITION OF BELIEF

- An acceptance that a statement is true or that something exists.
- Trust, faith or confidence in someone or something.
- Firmly held opinion or conviction.

- Taken From Oxford

Dictionary.

- Simply a feeling of conviction about something

- Jeni Mumford.

SELF LIMITING BELIEF DEFINITION

Any assumptions, perspectives or convictions that are holding an individual back from reaching his or her full potential. They can also include 'fixed ideas' where a thought functions as a 'truth' that the person automatically acts upon

Encyclopaedia

- Encyclo- Online

HOW ARE THEY FORMED?

Childhood – parents, teachers, friends, family

Adolescents – parents, teachers, friends, family, community.

Adulthood – parents, colleagues, boss, friends, family, community.

GOOD NEWS

- We all have a split personality which are;
 - inner critic
 - inner coach

The Fight Exercise

The rules are;

-
- Open/honest
- No filtering
- Weapon is pen and paper

ROUND 1

List as many self limiting beliefs you hold about yourself
-Personally, as a parent, friend, colleague, professional, etc

- 5 minutes

FOOD FOR THOUGHT

- Understand that feelings can be a choice

‘change your thoughts and you can change your world.’

-Norman Vincent Peale

ROUND 2

BEAT THE LIMITING BELIEF
INTO SUBMISSION!

THEY SAID IT COULDN'T BE DONE

- Thomas Edison
- Roger Bannister
- Neil Armstrong

'some people find fault like there is a
reward for it'

- zig ziglar

FAMOUS CONTRIBUTORS TO THE WORLD

- Darryl Hannah, Actor – Dan Aykrod, comedian/actor – Peter Howson, Scottish Painter
- Lizzy Clark, Actor/campaigner – Al Gore, vice president – Bill Gates, Entrepreneur and billionaire – Alfred Hitchcock, Film writer/director – Bob Dylan, Singer/song writer
- Tony Benn, Politician – Justin Timberlake, Singer/actor – Keira Knightley, Actor – Ladyhawke, singer - Lionel Messi – Footballer – Temple Grandin, systems designer/rapper – 50 Tyson, rapper.

TAKEAWAY TIPS

- Be open
- Be curious
- Acknowledge both the critic and coach
- Monitor what you read, watch and listen to
- Surround yourself with positive people
- Be mindful of your own negativity and that we place on our children
- Start a vision board
- Read your positive belief statements each day
- Begin to notice your focus
- Power to choose our thoughts and ultimately your focus

Final Thought

‘Don’t be timid and squeamish about your actions. All life is an experiment, the more experiments you make, the better.’

- Ralph Waldo Emerson