



# Self Leadership

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Tapping into Your Peak Performance

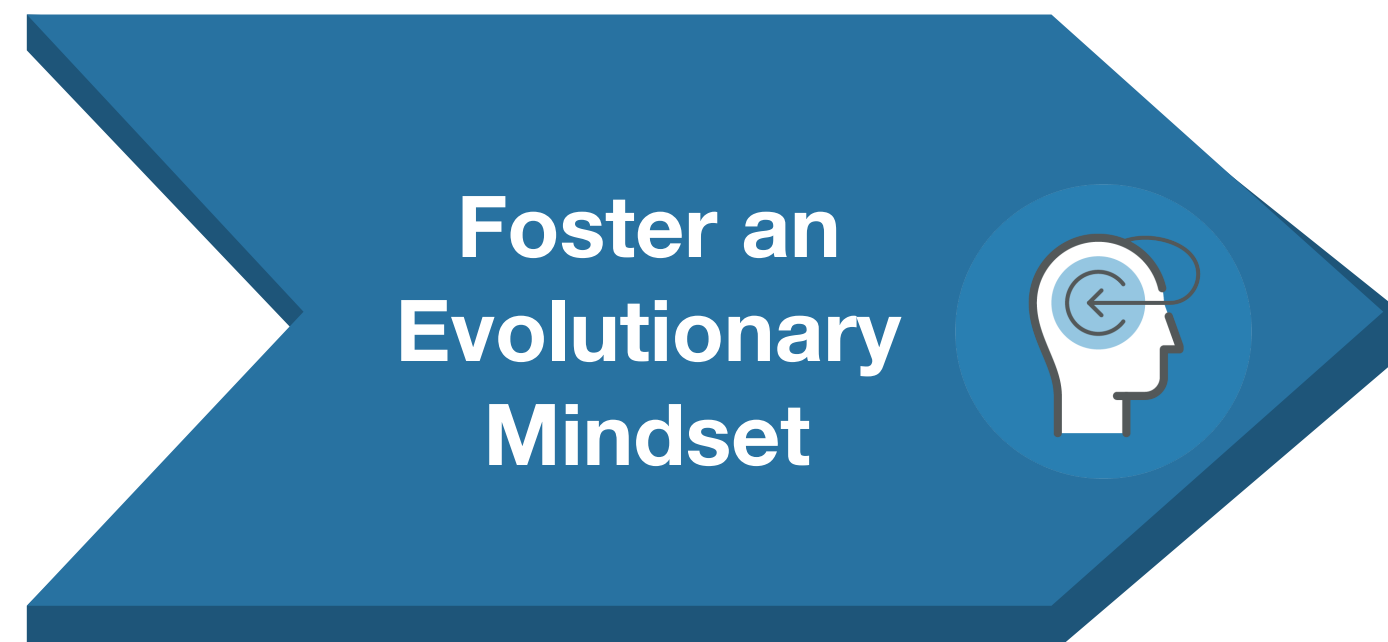
**Module #2**



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# CULTIVATING SELF LEADERSHIP

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## **A: AWARENESS**

1. **New Understanding**
2. **Limiting Beliefs**
  - What are limiting beliefs
  - 8 major mindset blocks
  - Transforming limiting beliefs
3. **Supporting Beliefs**
4. **Transformational Tools**

## **R: RESILIENCE**

5. **Connect with Purpose**
6. **Releasing our Programming**



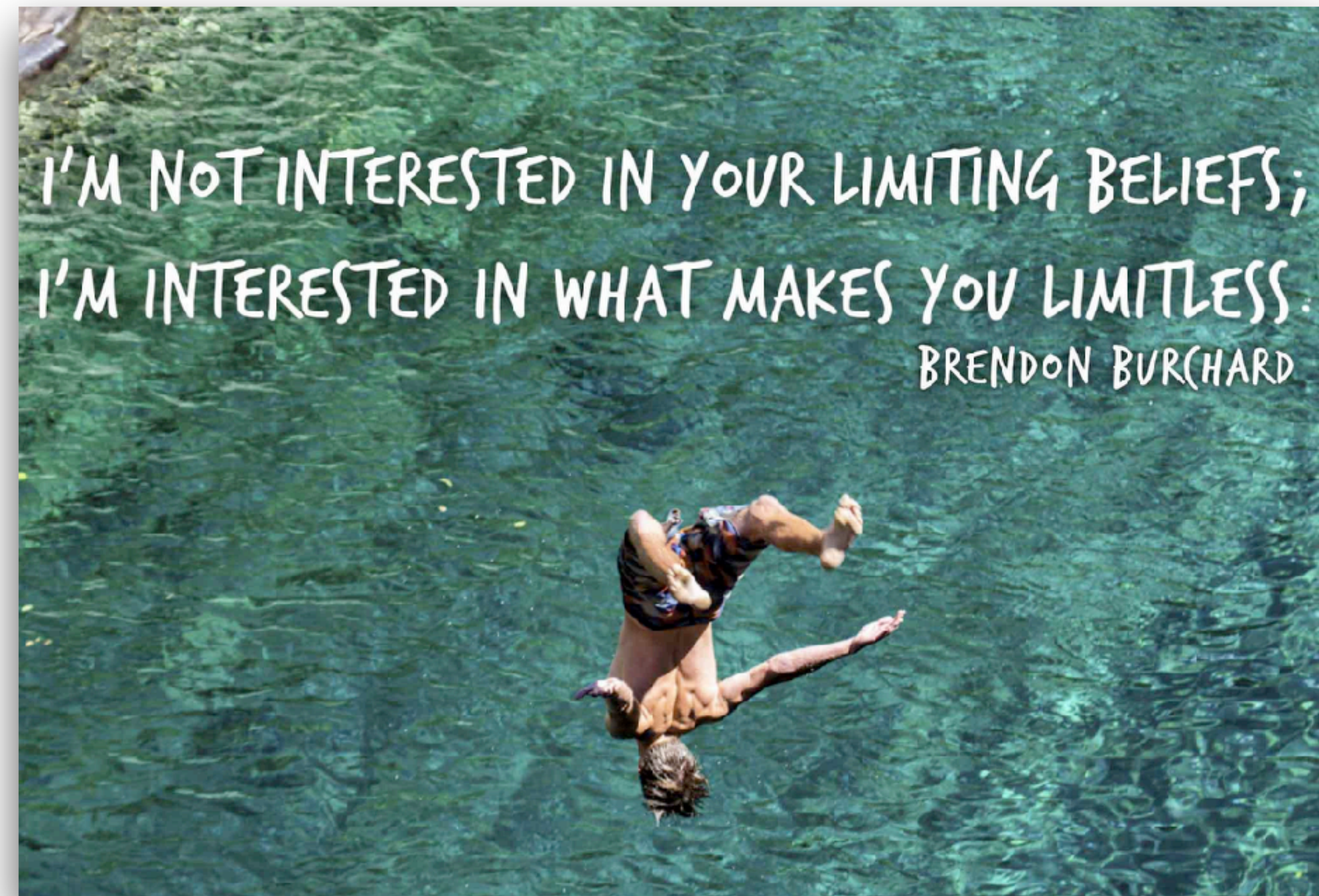
# What are Limiting Beliefs?



Identify the beliefs that hinder success and learn ways to transform these beliefs to improve your ability to achieve your goals.

### #1 Regret of the dying

“I wish I’d had the courage to live a life true to myself, not the life others expected of me.” ~ Bronnie Ware, The Top Five Regrets of the Dying



# Limiting beliefs affect our potential



- Beliefs come from a variety of places:
  - Our upbringing
  - What others have told us
  - Our own experiences
- They may be **conscious** or **unconscious**
- A belief (strength) that **once helped us**, can end up becoming a roadblock.
- Observing and working on our own limiting beliefs help free us from their power.

“May your choices reflect your hopes, not your fears.” ~ Nelson Mandela



# Exercise 1 - Old Limiting Beliefs

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What belief (s) have you held in the past that you no longer believe?	How did changing that belief benefit you?	How were you able to shift this belief?