

# Day Seminar: Challenging your Mindset – How Beliefs limit our potential

## Overview

A definition of insanity is doing the same thing day in and day out and still expecting a different result. This is exactly what people do everyday. On average we have 60000 thoughts, mostly about ourselves, mostly the same thoughts we had yesterday, mostly negative. Even with knowing this, we still expect abundance and change in our lives. We want better relationships, better jobs, more money etc. The list is endless.

Now here is the fundamental issue. Whenever we are given the opportunity to make changes in our lives and to secure the desires we want, we immediately seek out our comfort zone and convince ourselves that this is the right choice. What drives this, our beliefs?!

People spend all their time focusing on what they don't want and then wonder why what they don't want keeps showing up in their lives. Change means moving out of my comfort zone, it means challenging my beliefs and doing things differently. Even if I manage to make a change, under pressure I will revert to my programmed beliefs and act on these. The truth is we act on what we think about and what we mostly think about is what we don't want or what we don't have or the reasons why we can't have what we want.

The Law of Attraction says you can be, do or have anything you want. You have the potential. This is a crazy statement as it means I can be anyone I want. This is unbelievable; I don't believe it because it's not possible. How many of you were thinking that? Absolutely yes because this is the way we have been taught to think and this is what our beliefs tell us. We act on our beliefs and then proof of this is YOU and exactly where you are in your life today.

If you want your life to change, you need to challenge your beliefs. A few simple principles if applied and focused on can change your life. It's all up to YOU!!

## Seminar Objectives/Outcomes and Structure

### Seminar Duration

1 day

### Course Structure

What is a belief?

What is an emotion?

How do beliefs affect my behaviour and limit my potential?

Who am I and what is important to me?

Law of Attraction – the principle for having anything you want

The importance of feeling GOOD

Affirmations, the link to the Law of Attraction and a tool for inspiration

An Attitude of Gratitude

Radical Humility vs. EGO – servant leadership

Love & Grace – seeking peace, joy and love

Meditation techniques and quietening the mind



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