



# BELIEF

## BUILDING YOUR SELF IMPORTANCE

- ✓ Break Through Self-Imposed Limits
- ✓ Crush Your Destructive Patterns
- ✓ Release Your Limiting Beliefs
- ✓ Renew Your Value from Within

**Your chances of success in any undertaking can always be measured by your belief in yourself.**

Robert Collier

## Module #3

### Belief – Building Your Self Importance

Welcome to the third **Stepping Stone...From valued to values**

Before we head into the stepping stone, I'd like you to think of at least one thing that you are good at and write it down.

Remember to stay positive as you go through this exercise.

I am good at...


Now, list out a few of your current talents and/or skills...


Reflect: How do you feel?


What did you learn about yourself?


What benefits can come from this knowledge?

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It's easy to fall into the trap of underestimating yourself after a stroke.

The stroke does not define, or limit, your value.

### **Stepping Stone: From valued to values**

Now, let's move into the next stepping stone.

Removing barriers in your path is so important.

The final step in belief is to establish clear goals that are rooted in your values and purpose. These goals will carry you through the rest of the program.

First consider what some of your treasured qualities are.

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Next – What are your values?

Try to focus on a handful of one and two-word terms that represent what is most important in your life.

Well chosen values are within your control.

Valuing being "well-liked" or "wealthy" is external.

Honesty, respect, learning, giving, effort – these are solid things you can create in yourself.

*Go through this little worksheet to help...*

*What are you passionate about? Is it clear to you?*

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*What do you value most in life? Are you frustrated thinking about how far away you are from your present values?*

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*Do you have a positive attitude? Or, has having a stroke affected your outlook, making you negative about many things?*

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*Do you take responsibility for yourself?*

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*Are you willing to invest in your own well-being for the remainder of your life?*

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*Are you "taking action" in order to get the results you want out of life?*

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*How do you motivate yourself?*

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Now, what are your values?

My values are:

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What would each of your values look like **in action**? For each value, generate a couple of "I" statements. Let me give you some examples.

**Respect**

I maintain an open mind, limit judging others, and speak respectfully.

I stand up for myself, speak kindly to myself, and I know how and when to say no.

I think before I speak, and I listen more than I speak.

**Honesty**

I strive to be honest with myself- about my choices my abilities, my needs and wants, my mistakes and victories.

I strive to be honest with others, particularly when it matters most.

### **Effort**

I just begin- I don't wait to feel motivated.

I focus on and celebrate my own and others' efforts, rather than only results.

Instead of beating myself up, I try again!

Now it's your turn: What would each of your values look like **in action**?

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Next, let's think about a big one...purpose. Purpose is the *Why* that fuels us, the gas in the engines of our success. Think back over your treasured qualities and values, then ask yourself...

What would a great life look like for me?

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Who do I want to influence? In other words, who can I have an impact on?

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I would feel fulfilled in life if I...

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What am I willing to work toward in the long run?

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Consider what you wrote. Does it seem intimidating? Good!

Yes, you may have some physical and/or mental difficulties and inconveniences right now, BUT, we are going to work toward overcoming those challenges and create a new a stronger you that is happier within.

How many of us have been told, as we were kids, that we didn't have the ability to do something?

"You can't play football, you're too small."

"You can't be in the band, you're not good enough."

"You can't go to college, you're not smart enough."

And on and on...

It may be a lack of physical ability right now, but that isn't going to stop you and me from moving ahead, is it?

You and I are going to break through these self-imposed limitations!

Renewing your value from within is about telling yourself the "Can Do" story, until it happens.

It is about your own Self-Perception. Make this a reality by creating that vision for yourself each day.

Follow your own dreams...**Now is the time!**

*"Life is too short to wake up in the morning with regrets. So, love the people who treat you right and forget about the ones who don't. And believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said that it would be easy, they just promised it would be worth it." — Harvey MacKay*

If you could take the responses you gave above, and sum them up in one purpose statement, what would it be?

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