

# WHY DO YOUR BELIEFS MATTER?

According to the dictionary, a belief is any thought or idea that a person accepts as true or an acceptance that something exists.

Beliefs can work for us and against us.

Many atrocities have been committed over the course of history because of what people believed to be true. At the same time, many amazing feats have been accomplished because of what people believed to be true.

As leaders then, beliefs matter because your beliefs create your consciousness, which creates your habits, actions and behaviours, which, ultimately, determine your results. If you're not getting the results you want then you need to examine your beliefs.

To be the best leader you can be, you need to nurture empowering beliefs.

TO BRING YOUR BELIEFS TO CONSCIOUS AWARENESS YOU NEED TO:

OBSERVE YOUR  
BELIEFS

TEST YOUR  
BELIEFS

CHOOSE YOUR  
ACTIONS BASED  
ON HEALTHY  
BELIEFS



# THE EVOLUTION OF A BELIEF SYSTEM

How do belief systems evolve? Where do our beliefs come from? For many of us, the beliefs that we have today were shaped and informed by our environment and the authority figures we grew up around.

Here's the typical evolution path for the belief system we each have today:

- Parents, teachers, coaches, ministers, friends, relatives, and other people of influence in a child's life say to the child: "This is fact."
- Child accepts elders' perception of what is fact – even if elder is completely wrong.
- Child unconsciously ingrains these beliefs in his/her subconscious, and builds habits accordingly.
- Child grows into an adult operating under dozens of faulty beliefs and habits, but is not consciously aware of it.
- Adult operates under false and limiting beliefs and sets invisible boundaries for his/her life at a conscious level.

**PERSONAL MASTERY WORKOUT...** What life events and experiences have most shaped your belief system?



# PERSONAL MASTERY WORKOUT

What empowering beliefs do you need to hold on to?

What limiting beliefs do you need to let go of?

How can you apply the OTC (Observe-Test-Choose) tool to a current challenge you are facing?



CORE LEADERS  
INTERNATIONAL