

Our mindset is a collection of our beliefs. Our beliefs drive our behavior, and our behavior drives our results.

Our beliefs come from the things we take in from our senses: Hear, See, Taste, Touch, Smell. Everything that we take in, everything that we experience is processed in our brain (cerebral cortex) stored in our brain (hippocampus) and then moved to other parts of our brain (temporal lobe) for long term storage. When we have experiences that simulate a previous experience, our brain (hippocampus and neocortex) recalls the memory. All memories make up our belief system.

Most were told that they had to graduate and get a job. Many of us have an entrepreneur spirit, yet, living and believing that we have to work for someone because that's what we've been raised thinking. The first step is understanding that we've been living that belief and going through the steps below to create a new belief and to create a new pathway.

If you're told 'no, you can't do that', as a child, that memory (phrase) is stored in our brain. When we become an adult, we recall being told 'no, you can't do that', and we act on the belief that 'you can't do that'. It's important to understand what you believe about yourself, and if you want a different belief, then you have to make the memories of the belief that you want dominant in your core memories.

What do I believe about myself?

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What do I want to believe about myself?

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Anchoring

What makes my new belief true? When have I experienced that new belief?

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What must I think today to create my new belief?

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What must I do (what action must I take) today to create my new belief?

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