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**PERFORMING BEYOND
YOUR LIMITS**

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The beliefs you hold to be true make up the fabric of your experience. The stronger those beliefs, the more they become our reality, and the more we align to find evidence to support them.

Beliefs are formed through repeated thoughts, and the only reason they hold any weight is because you've decided or agreed that they are true.

In this workshop, we will develop a routine to destroy these limiting beliefs and begin aligning ourselves with more empowering ways of thinking.

As you get in to this workshop, keep an open mind and put your heart in to it...I guarantee when you follow through on the practice, you will begin to see some amazing transformation occur in many areas of your life.

This process works, I have personally experienced it's power, and have helped thousands do the same. This is the reason I pass it freely on to you in hopes that it will impact on you personally moving forward.

“Whether you think you can, or you think you can't--you're right.” - Henry Ford

WHAT ARE YOUR LIMITING BELIEFS?

In this section we will establish what your underlining limiting beliefs are and define any other negative thoughts that are destroying progress in your personal and professional life.

The Rules are as follows:

1. Be honest...it takes courage, but the results will be much more uplifting.
2. List ALL negative thoughts. If they come to mind, even for a second, list them.
3. Detach yourself from the process and look at yourself from a curiosity stand point. There is no need to judge or be critical of yourself, view this as an educational exercise and maintain a positive perspective.

STEP 1: Are there things that you've tried to do, or been trying to do, get, or accomplish throughout your life that you've come up short on? Write all of these things below. (Examples, making the football team, working out more, losing weight, etc)

STEP 2: For the items noted above, try and see if you can list a reason why you fell short.

STEP 3: Write down any negative thoughts you notice repeatedly coming up that you really feel to be true: (Examples, my boss isn't satisfied with my work, corporate america is corrupt, etc)

STEP 4: Write down any negative thoughts you notice repeatedly coming up that you know aren't fully true (Examples, "People don't value me" when you clearly are given positive feedback that suggests otherwise, "I'm not smart enough" even though you got your degree in engineering, etc)

STEP 5: Below are a series of general statements. Do any of these resonate with you? If so, mark them with an “X” and add any notes that come to mind when you think about the statements individually.

- _____ “I have enough already, I shouldn't want more“
- _____ “I'm not attractive“
- _____ “I can't take that risk“
- _____ “Rich people are greedy and selfish“
- _____ “I'll never succeed“
- _____ “I'm clumsy“
- _____ “Nobody takes me seriously“
- _____ “I don't have enough confidence“
- _____ “I'm not smart enough“
- _____ “It's too good, I don't deserve it. I'm embarrassed with all I have“
- _____ “I'm never going to amount to anything“
- _____ “I'm too lazy“
- _____ “I'm too much, people can't handle me”
- _____ “I'm annoying/loud”
- _____ “I'm too shy”
- _____ “I have no discipline“
- _____ “I always get sick“
- _____ “The World is too cruel and rough“
- _____ “I can't relate to anyone“
- _____ “People don't understand me“
- _____ “I don't have enough knowledge“
- _____ “I'm not enough” (not good enough, funny enough, popular enough, rich enough, etc.)

My top 15 limiting beliefs are...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

STEP 6: Looking at all the previous steps, find your top 10-15 limiting beliefs and list them out.

Step 7: We've just taken a deep dive in to the depths of the mind. After all of this reflection, what's the one root belief that seems like it's doing the most damage? Define it below:

My Core Issue is:

Congratulations! Awareness in and of itself can be therapeutic. But we can't just leave it there. In the next section we'll challenge these beliefs and reverse them, implementing a new empowering belief system that has the potential to reverse your course dramatically.

STEP 1: List the 15 Limiting Beliefs that you identified in the previous section:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

STEP 2: List the Core Issue identified in the previous section as the root belief doing the most damage:

My Core Issue is:

CHALLENGING YOUR LIMITS

We are now going to challenge your limits. We will be doing this by using the powerful template of transformation provided by speaker and author Byron Katie. If you've ever read her work, you know how powerful it is...if not, just Google her. We'll be taking each of your limits through the process she defines.

The rules:

1. Be open minded.
2. Work to find new perspectives.
3. Don't be too critical of yourself. Detach yourself from the process and look at yourself from a healthy outside perspective. View this an educational exercise and maintain a hopeful perspective.

STEP 3: For each statement you defined above, go through the four questions that follow and then create a new EMPOWERING CHOICE:

1. Is it true? (Yes or no. If no, move to question 3.)
2. Can you absolutely know that it's true? (Yes or no. But see that it's not completely true, or doesn't need to be true.)
3. How do you react, what happens, when you believe that the thought is true?
4. Who would you be without the thought? For each issue make a new choice:

1. My new choice is
2. My new choice is
3. My new choice is
4. My new choice is
5. My new choice is
6. My new choice is
7. My new choice is
8. My new choice is
9. My new choice is
10. My new choice is
11. My new choice is
12. My new choice is
13. My new choice is
14. My new choice is
15. My new choice is

Step 4: We've just completely reframed your limits in to more EMPOWERING positions. With this change in perspective, reflecting on the statements you made, what's the one root belief that you want to identify with?

My new "Identity level" choice is:

PATTERN YOUR NEW IDENTITY

In this section we are going to saturate your brain with your new empowering choices, beliefs and identity.

We will run through a 6 phase “Patterning Process” that will give you a solid foundation to put in to place measures that could catapult progress in your both your personal and professional life.

The Rules are as follows:

1. Saturate your brain to condition these new choices.
2. Do this exercise first thing in the morning and right before you go to bed at night for 7 consecutive days.
3. Emotionally connect with these new choices, and your new identity so it normalizes the choices for your subconscious mind.
4. Enjoy yourself!

STEP 1: List the 15 new choices that you identified in the previous section:

1. My new choice is
2. My new choice is
3. My new choice is
4. My new choice is
5. My new choice is
6. My new choice is
7. My new choice is
8. My new choice is
9. My new choice is
10. My new choice is
11. My new choice is
12. My new choice is
13. My new choice is
14. My new choice is
15. My new choice is

STEP 2: List your new “Identity Level” you defined in the previous section:

My new “Identity level” choice is:

1. Put your hand on your heart and just connect with the heat/feeling of it (presence yourself)

2. Declare a line of your NEW CHOICES out loud:

"My New Choice is that _____."

3. Remember different times in your past when the meaning of the new statement was true in some way. Stack positive memories of you having this be true for you.

4. Now think about the present and the future. Imagine times now and in the future where this is massively true for you. Really get creative and stack new positive ideas one after the other.

5. Once you are really imagining, connect as deeply as you can with the emotional feeling of that changed reality.

Is it exciting? Does it create gratitude? Where do you feel it in your body? Can you make it even "louder" and feel it more? However you can, connect emotionally in your body with the feelings as they come up.

6. Repeat for each new choice in your list above, especially the identity statement at the end. Wrap up as many of the aspects of these new choices into that identity anchor.

STEP 3: Using the following 6 phase "Patterning Process", it's time to begin retraining your mind.

Note: You can do this process for as long, or as short a time as you want. If you can't do all of it (like say things out loud, or put your hand on your heart) it's still better to do something. But play full out for this short sprint. The benefits are more than worth it.

IT'S A BEAUTIFUL DAY

In order to really integrate a new, more empowering belief system, you'll need to spend time cultivating it.

This structured program will help you dissolve the limits you are facing right now and get on to doing the things you are meant to be doing.

Let's do this!



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