

Breaking the Barriers

Winning Ways to Empower Yourself

Speaker: Mala Shah

Glimpse into a workshop held at

Oshwal Mahajanwadi, Croydon

For Oshwal Association UK

www.oshwal.org.uk/

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“We often become what we believe ourselves to be.

If I believe I cannot do something, it makes me incapable of doing it.

When I believe I can, I acquire the ability to do it even if I did not have it in the beginning”

~Mahatma Gandhi

What are Beliefs?

A belief is an internal feeling that something is true, even though that belief may be unverified or absurd, like the world is flat! It is an acceptance that something exists or is true, even without proof. For example, Experts believed that it was impossible for the human body to exert itself to run a mile under 4 minutes, which meant a lot of athletes did not ever attempt to do so. Then in 1954, Sir Roger Bannister did run a mile in under four minutes! (3minutes and 59.4 seconds, to be precise).

Consequently, Sir Bannister set a record and shattered that **limiting belief**. Since then, every athlete who has competed in the one mile race has managed to complete it in less than four minutes. As part of his training, Sir Bannister persistently visualized the achievement in order to create a sense of certainty in his mind and body.

Where do Beliefs come from?

Source of Beliefs:

Externally	Authority → Parents, Teachers, Experts, Law. Science → Facts, Data, Evidence.
Internally	Emotion → Feelings, Causes, Purpose. Intuition → Sub-Conscious, Gut feeling, insight.

Beliefs are often expressed in the following forms:

Negative Disempowering (Limiting your choices)	Positive Empowering (allows you to move forward)
I can not	I can
I should not	I will
I must not	I need
I have nothing	I have enough

Questions to help you explore the evidence you have for your beliefs:

- Which of your beliefs are limiting beliefs and which are empowering beliefs?
- In what way is it true that I am not capable of doing certain tasks?
- What evidence do I have for believing this about me? (*just because I have been told or led to believe that I cannot do something, doesn't mean it's true for me now*)
- How do I know for sure that I am wrong and they are right?
- What will happen if I free myself of this belief?
- When I embrace a new belief, how will it benefit me?
- Earlier you wrote down some of your beliefs, please choose one or two of these disempowering limiting beliefs and rephrase them into empowering beliefs:

Change your Beliefs:

Some negative Disempowering beliefs about myself (Limiting my choices)	What I would like to have instead Positive Empowering beliefs (allows me to move forward)
I can not	I Can
I should not	I Will

Beliefs and Awareness:

It is important to become aware of your limiting beliefs before you get rid of them.

In which area of your life have these limiting beliefs had overpowering influence?

I have identified four main areas of our life:

• Physical Attributes	• Emotional Make-up
• Intellect	• Social Skills

Our beliefs will affect our attitude on how we react to achieving our goals.

*“Your Beliefs become your Thoughts; Your Thoughts become your Words,
Your Words become your Actions; Your Actions become your Habits,
Your Habits become your Values; Your Values become your Destiny.”*

Mahatma Gandhi

The moral of sharing inspirational stories is to:

- **Learn to be Patient:** If you lack patience you will fail even before you have started.
- **Listen to yourself:** Pursue your dreams, despite the adversity.
- **Belief and Values:** Aligning beliefs and values helps us to achieve our goals.

Our Values:

Values are who we are! What we value determines what life means to us and what actions we take. When we review our core values regularly on a **Consistent, Insistent and Persistent - CIP©**, basis, we gain clarity empowering our beliefs. Core values change as we evolve.

How to identify your Values? Find an example from both your personal and career life.

- Identify when you were happiest, or most fulfilled and satisfied.
- What were you doing? Who were you with? What contributed to your happiness?
- Based on your experience, decide what is important to you in your life as in right now?

Here is a list of common values: Integrity, Love, Fairness, Peace, and Security.

Now create your own list of common values:

When you define your values, you discover what's truly important to you.

Your Behaviour and its Impact

Choose a topic and write your response

Your Behaviour and Impact		
Topic	Negative Response	Positive Response
<i>Perfectionism</i>	<i>I did Ok, but</i>	<i>I am satisfied that I did my best</i>

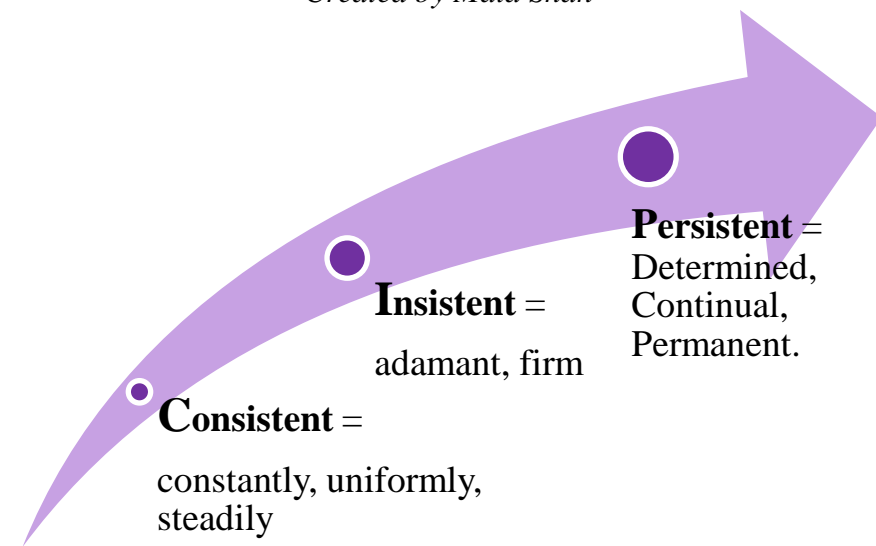
Models and Formulae

Tick Which Models or Formulae you would use and WHY?

SMARTER	Specific, Measured, Achievable, Realistic, Timely, Evaluate, Revise
GROW	Goal, Reality, Options, What , Who/ When
ITIA Formulae	Intention, Thought, Imagination, Action
C.I.P	Consistent, Insistent and Persistent

C. I. P model

Created by Mala Shah



Success Tools

Create your own Success Tools. They can be anything from 5 to 7 Success Tools

Example

Success Tools		
1	Know yourself	Example: Have faith in your beliefs and values
2	Identify your Goals	
3	Learn and Improve	
4	Conquer your fear	
5	Self Control	
6	Exercise and Health	
7	Master your Mind	

*“Thoughts Becomes Things. Choose the Good Ones”
~ Mike Dooley*

Special Note from the Speaker:

To register your interest and find out when similar workshops will be held in the future at a venue near you then please contact:

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This is just a brief glimpse of what was in the programme.