

Belief in Yourself

How often do we practice in believing in ourselves.

You can train as much as you want, but it won't get you as far as belief in yourself.

During those two minutes of visualization - all mental, which means the ability to do was within it. The blocks were in the mind.

If you tell yourself you are not good at remembering names, then you won't be good at remembering names.

Your mind has a way of making your beliefs correct.

Positive self talk:

Mantra: one way of positive self talk

Saying it to yourself and believing it

Coming to a friend and family member who can help you generate positive self talk

- Elders, mentors, ancestors, spirits

You have that power with anyone you love. If you have a trusting relationship with someone and you give that to them, you can be their positive self talk as well.

Not to downplay ability - balance belief with the ability

Ability is often the focus, need to bring the focus on belief in yourself and belief in what you're doing

When you hear about limits about what you can do or can't do by "experts" - unless you force yourself to not break that limit you won't hit it.