

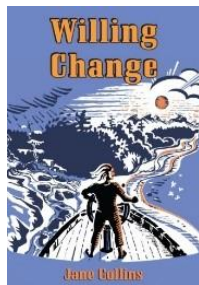
BELIEFS FOR CHANGE ACCOMPLISH MORE WITH LESS EFFORT

STEP 2 of the change model in *Willing Change*: Determine the mindsets of your desired state.

Mindsets carry out the function of filtering the vast information available to us, show us what we choose to see, hear, and feel, and prompt us to ignore the rest. It uses your beliefs as your personal information filter. Beliefs are just thoughts you have repeatedly, whether you are aware of them or not. WILLING CHANGE

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A WILLING CHANGE PRODUCTIVITY COURSE: ACCOMPLISH MORE WITH LESS EFFORT



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A WILLING CHANGE COURSE

Based on the teachings of the book:

Willing Change

by Jane Collins CPA, CA, HBA

COURSE OUTLINE

Setting purposeful goals to achieve your goals and having an intention to pursue them to completion, is the beginning point from which to use your time and energy to the best advantage.

1. Know What Your Really Want
2. Set Purposeful Goals
3. Set Your Intentions and Create Plans
4. Evaluate Your Progress and Adjust
5. Focus and Persist

When you feel the goal mindset is believable, you feel good about your attempt to accomplish it, and it is in alignment with your values, your chances of instilling the new mindset successfully is high.
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Without knowledge of your desires, your goals have less meaning. WILLING CHANGE

Beliefs to Know What You Really Want and Need:

1. I am open-minded.
2. I am imaginative.
3. I know exactly what my successes look like and how I will feel when I have them.
4. I know I can change.
5. I know what is important.
6. I have a vision. I see the big picture of what I want for my life and the world.
7. I know what I want and I think about it daily.
8. I have a vision for personal success that includes all aspects of my life.
9. My vision for success is in line with my personal values.
10. I seek new opportunities and experiences.
11. I am aware of my beliefs and know I can change them.
12. I ask many questions of myself and others to better understand what I want.
13. I understand the basis of my desires.
14. I know what feelings I want to have and how to create them.
15. I listen to others but think for myself.
16. I deserve all the good that life can bring—just as everyone does.
17. It's ok to have more than others.
18. Life is meant to be enjoyed.
19. I give myself permission to have much more than the basics.
20. I can see the good in many circumstances that others can't see.
21. I am grateful for what I have now.

When you set goals, you are choosing the changes that you want to see in your life.

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Beliefs to Set Purposeful Goals:

22. I know what I really want. I listen to others but think for myself.
23. I review my list of desires regularly so I can be ready if an opportunity arises.
24. Goals help me to bring about the changes that I want.
25. I look for better ways to get what I want.
26. I set goals for each day.
27. I enjoy setting goals that challenge me.
28. My goal is to make the best use of what I have now.
29. I don't waste my thoughts with what could have been, what should be now, or what might be in the future. I focus my thoughts on what I can do now.
30. I am grateful for new opportunities.
31. My goals are meaningful and realistic. I feel good about my goals.
32. My goals are in agreement with my values.
33. I seek new opportunities and experiences to improve my life.

34. I strive for greatness and it is a part of all my goals.
35. I balance my life and work goals.
36. I understand the basic needs behind my goals.
37. I feel good about my goals. They make my life better.

You have control over your own actions and behaviours only in the present, so use your precious thinking time to focus on what you want and how you plan to achieve it. WILLING CHANGE

Beliefs to Set Intentions and Create Plans:

38. I choose thinking that supports my goals.
39. Sometimes the simple way is the best.
40. I am imaginative.
41. I know the steps to take to accomplish my goal and I am willing to take them.
42. I expect the best outcomes and plan for success.
43. I look for better ways to complete my plans.
44. I know I deserve my successes.
45. I know how to get things done.
46. I know I can learn anything that I need to learn.
47. I am an optimist.
48. I make the best use of all my resources.
49. I know when to get help and I ask for it.
50. When a part of my plan doesn't work well, I find a new way.
51. I am determined to meet my goals.
52. I intend to do whatever it takes to complete this.
53. I commit fully to my goals.
54. I am always seeking new opportunities and experiences.
55. Accomplishing goals is easy for me.
56. I feel good about how I achieve my goals.
57. I can always find another way.
58. There is always more than one way.

As well as creating affirmations to help you to accomplish specific goals, enhance your self-concept for better results. WILLING CHANGE

Beliefs to Evaluate Your Progress and Adjust:

59. I am practical and able to recognize my progress or digressions.
60. I continuously ask myself if I am on track to succeed.
61. I know what success looks like and when I am on track.
62. I know there are many ways to succeed.
63. I have specific criteria for success with each step of the action plan.
64. I know when the plan is working.

65. Every problem has a solution.
66. I can take different perspectives to find new solutions.
67. I keep an open mind when I review my work.
68. I can adjust my goals to increase the probability of achievement.
69. I am flexible. I don't get upset if my plans need to change.
70. I can easily adjust my plans when necessary.
71. I have learned from past projects and apply my lessons to assess this one.
72. I am reflective.
73. I consciously make good choices.
74. I have expectations to judge my progress against.
75. I list the positives and negatives of my progress.

Through focused thoughts, you have the power to control what your subconscious mind is organizing and storing. WILLING CHANGE

Beliefs to Focus and Persist:

76. I acknowledge my limitations and work around them.
77. My focus is on the current step.
78. I am my biggest supporter.
79. I am a self-starter.
80. I persist until my goal has been accomplished.
81. I know I can complete this goal and be happy with the result.
82. I know my priorities. This is important to me.
83. Finishing this is worth the effort.
84. I am strong,
85. I am a winner.
86. People want to help me.
87. I am organized.
88. I enjoy creating new plans.
89. The rewards of this goal make me want to keep going.
90. I am getting what I want.
91. I look forward to my success.
92. Setbacks never stop me.
93. I keep my schedules.
94. I have a routine that works.
95. I find a way to stay motivated.
96. I keep my eye on the prize.
97. I know what motivates me to start.
98. I can keep going.
99. I am a finisher.

You will discover your innate ability to accomplish your dreams and goals by moving forward and creating the circumstances you want to see. You will create them one thought at a time.
WILLING CHANGE

ACCOMPLISHMENT MINDSET

I am open-minded.

I choose beliefs that make accomplishment easier. I am my own supporter.

I have a vision of what I want to do, be, and have and I set goals to accomplish it.

My goals help give my life meaning and purpose.

I have a good accomplishment plan with specific steps and criteria for success.

I am willing to take the steps of my plan and for each, I determine the necessary actions and either take them myself, or find the help I need.

I focus my thoughts on what I can do *now* and do it.

When a part of my plan doesn't work well, I find a new way.

I persist until my goals have been accomplished.

I am grateful for the results.

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