



CHALLENGE YOUR BELIEFS

We are very complex creatures. Over time we develop many beliefs and it shapes our actions and behavior. They can inspire you, make you grow, or pull you down. Some serve us, but most limit us. Having looked at what beliefs are and how they impact you, it's important to understand the process of challenging the limiting ones. Check out our Monday Mindset and find out why and how to challenge your beliefs in order to achieve peak performance and reach your personal greatness.

Question 1: When the winds of life blow, are you going to be an oak or a willow? What do I mean by this? A willow tree seems weak, but when the wind blows, it'll just bend and returns to normal. In contrast, an oak tree seems strong, but when the wind blows, it'll break.

Question 2: What are you struggling with? What area?

Question 3: How can I bend or be flexible to challenge my belief?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.