MODULE 4

eliminating what *limits* you

ORIGIN STORY

Where did your ideas and beliefs about retirement come from? Did you get them from a specific person? If so - who? Was it culture? Religion? Some place else?

HOW YOUR BELIEFS MAKE YOU FEEL

Now we're going to see how your beliefs make you feel. Looking at your beliefs about retirement - can you recognize which are crappy and make you feel bad or scared? If so - that's great! Jot them down below.

INDIANA JONESING YOUR BELIEFS

Now that you've got your list - it's time to try something new. We want you to take each crappy and limiting idea and belief about retirement and Indiana Jones it. Come up with a different idea/belief that is healthy, constructive, and makes you feel excited, happy, or calm. Here are a few examples…

I'm going to be bored out of my mind becomes *I'm going to have a million fun things to do*.

I'm going to get sick and die when I retire becomes *I'm going to be healthy and live a long retired life*.

Retirement is the end of my life becomes *Retirement is the beginning of the best part of my life*.

Now you try…

OLD BELIEFS	NEW BELIEFS

IF/WHEN/THEN STATEMENT

Your beliefs are just habits of thought you've practiced for awhile.

Changing a habit has 4 simple, but not easy, steps.

1. Realize when you're doing the habit you want to change.
2. Stopping.
3. Doing something different.
4. Repeating as often as necessary.

If/When/Then statements are powerful tools for habit change. They prime your mind to be on the lookout for times when you're actively doing what it is you want to change.

Choose ONE of your limiting ideas and beliefs about retirement and fill out the sentence below…

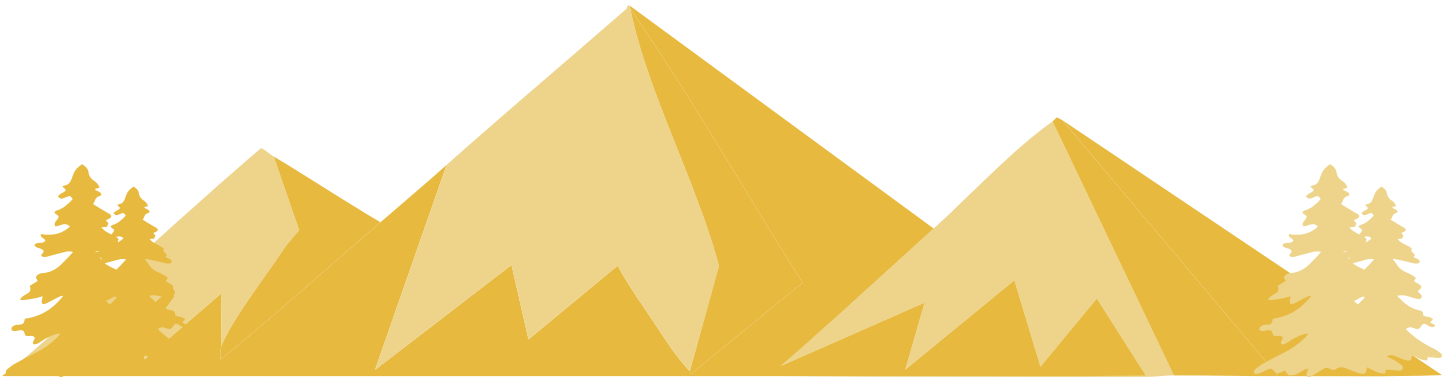
If and when I am believing and acting like

---

about retirement - THEN - I will notice what I'm doing, celebrate that I caught myself, remember to be kind to myself, and think

---

instead.



BIKE RIDE TO THE WOODS

In the module, Gary talks about a visualization technique he uses to help him with his limiting beliefs. When he finds a belief he wants to change this is what he does.

Say “Thank you for sharing”
- then -
Close your eyes and imagine a ladder that goes up to the sky.
See yourself climbing.
Rung after rung.
Until you reach the top.
There you find a vast expanse of land and a bicycle.
Get onto the bike and start riding.
Pedaling and pedaling.
Until you reach a forest.
Once you get there, pick a place you like and stop.
Take out a shovel and see yourself digging a hole.
After it’s dug, imagine yourself pulling the belief or thought from your mind.
Place it in the hole.
Begin scooping the dirt back on top of it.
After you finish burying your belief, see yourself plant a seed,
Watch in awe as beautiful tree sprouts and grows.
(It can be a fruit tree, a pine tree, a maple, or oak - whatever kind of tree you like!)
When it’s done growing, take a moment to admire your tree.
Then - hop back on your bike.
Ride back to your ladder and climb back into yourself.
Be sure to end this meditation/visualization with by saying “thank you.”

✸ EXTRA: RESOURCES FOR LIMITING BELIEFS

As we said, this stuff is tricky and pesky. Remember to be gentle with yourself. You're setting out to change a habit you've been unknowingly practicing for quite possibly many, many decades. It's not likely to happen overnight.

But that doesn't mean it can't or won't happen at all. Below are some resources that have worked for us, or people we know, over the years. Don't be afraid to dig into any or all of these and see which ones work well for you.

Bryon Katie's - The Work - https://thework.com/instruction-the-work-byron-katie/
World renowned teacher

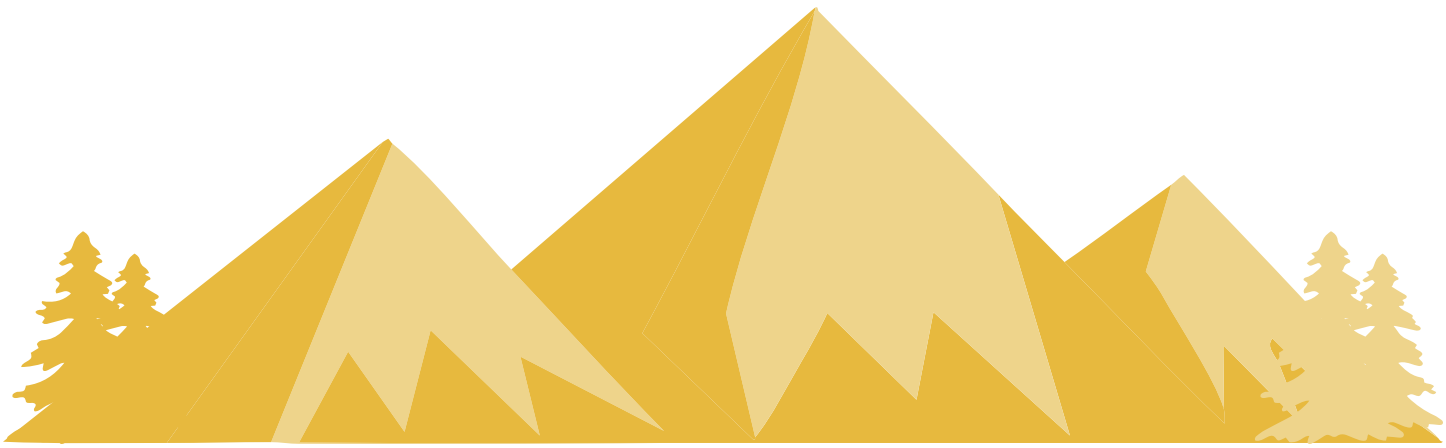
Jimmy Mack - Not as renowned as Byron Katie. Jimmy is an energy healer who has his own thoughts on changing limiting beliefs. His website - https://jimmymackhealing.com/
Video of him demonstrating his technique - https://youtu.be/daJ3GO9E7U8

Other Smart People's Ideas On Belief Change

Martin Seligman - Father of Positive Psychology Bio:
https://ppc.sas.upenn.edu/people/martin-ep-seligman

1. Recognize when you are thinking thoughts that support your Old Belief.
2. Imagine this was something that someone else said, someone who's job it is to make you miserable.
3. Then realistically dispute your Old Belief with evidence.
4. Do this every time your Old Belief comes up.

From - The Happiness Lab, Season 6, The Man Who Invented Happiness Science: Marty Seligman



Derick Sivers - Polymath creator - Bio: https://sive.rs/

His process for changing beliefs is similar.

1. Write down your Old Belief.
2. Sit with it, read it out loud, and examine how it makes you feel.
3. Decide to change it.
4. Gather evidence and tell your friends. Come up with ideas on your own that support your new belief and then speak to your close friends. Tell them you're in the process of changing an Old Belief into a New Belief and you'd like some help. See if they come up with evidence you didn't think of.
5. Take actions that support your New Belief - BEFORE YOU ACTUALLY BELIEVE IT - in order to further reinforce and internalize it.

From - The Tim Ferriss Show, episode #668

INSIGHTS