



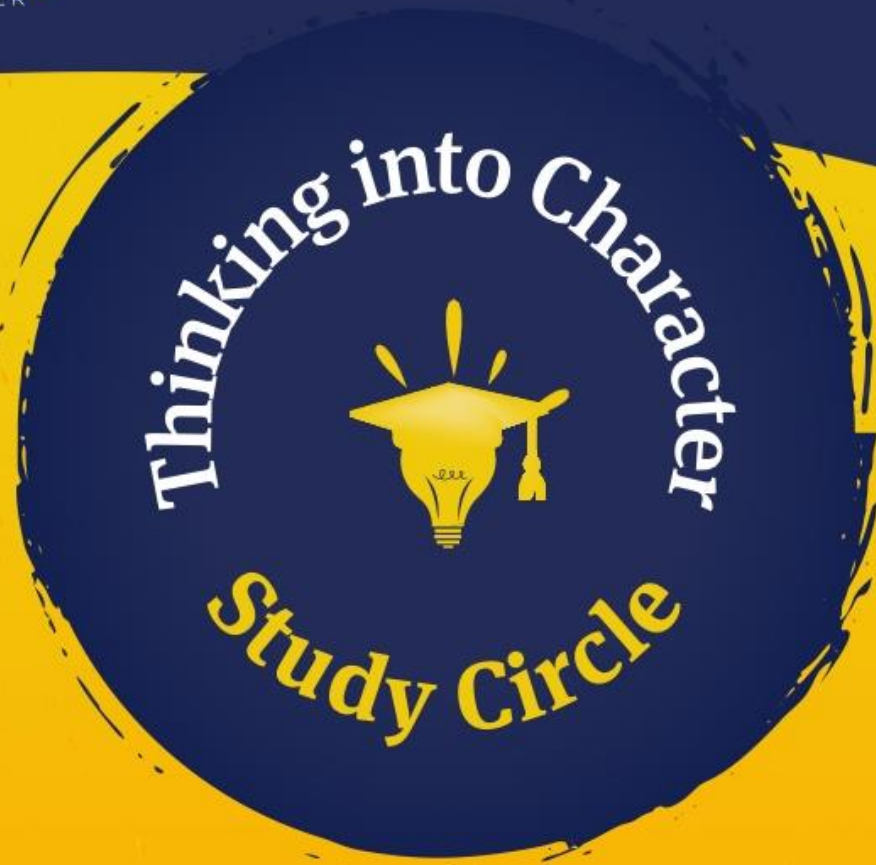
Thinking into Character Study Circle



 **Thinking**
INTO CHARACTER

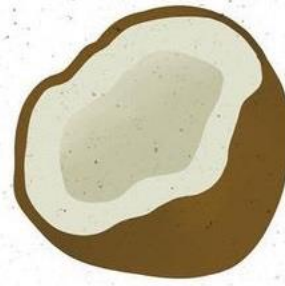
 **REGENT**
COLLEGE
LONDON

 **Thinking**
INTO CHARACTER

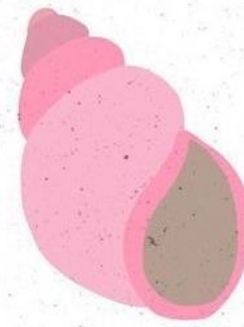




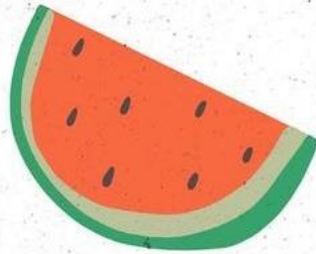
**FEELING
GREAT**



**PRETTY
GOOD**



**DOING
OKAY**



**COULD BE
BETTER**



**REALLY
STRUGGLING**



**I NEED
SUPPORT**





Share the story of your Terror Barrier breaking experience



Lesson 8: Part 1

**Your beliefs and behavior aligning
you with you**



We will:

- Explore what impact our beliefs have on our life
- Talk about praxis
- Discuss fixed and growth mindset



THE ONLY LIMITS YOU
HAVE ARE THE LIMITS
YOU
BELIEVE
~ WAYNE DYER



**Menitmeter: The only limits you
have are the limits you believe.
Agree or Disagree.**



PRAXIS

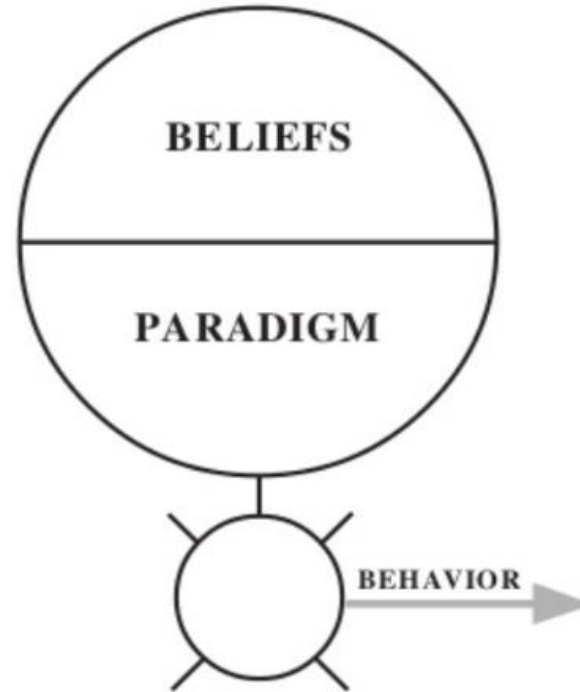
**The integration of beliefs
with behaviour**



PRAXIS
IS THE INTEGRATION OF BELIEF
WITH BEHAVIOR



Profitable
Results
And
X (Power)
In
Spirit



PRACTICE PRAXIS DAILY



Break free from limiting beliefs

IT'S TOO
MUCH
FOR
ME

I'LL
NEVER
GET IT

I'M
NOT
WORTH
IT

I DON'T
HAVE
TIME

I
CAN'T
DO
IT...

I'M
NOT
GOOD
ENOUGH





Dr. Dweck's research into growth mindset changed education forever



"Failure is an
opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try
new things"

"Failure is the
limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like
to be challenged"

"I can either do it,
or I can't"

"My potential is predetermined"

"When I'm frustrated,
I give up"

"Feedback and criticism
are personal"

"I stick to what I know"



FIXED VS GROWTH MINDSET DEFINITIONS

FIXED MINDSET

1. Individuals with this mindset believe they are what they are.
2. Intelligence, creativity, skills and the rest are fixed.
3. They are convinced that it is talent that gets you places, and not hard work.

GROWTH MINDSET

1. People with a growth mindset believe that intelligence, skills, learning and creativity can all grow with time and experience.
2. An individual with a growth mindset adheres to a mindset capable of substantial growth.
3. Anyone can learn to develop and grow in any given area.



	Fixed	Growth
1	I already know all I need to know	I know there is more to learn and practice
2	Feedback is criticism	
3	What is the point in trying if I am going to fail?	
4	Why learn new things there will always be someone who is better at it than me	
5	I am intimidated by success of others	
6	I am too old to learn or start something new	



Growth Mindset Strategies

- **View challenges as opportunities**
- **Prioritize learning over seeking approval**
- **Focus on the process instead of the end result**
- **Cultivate a sense of purpose**
- **Chose learning well over learning fast**
- **Making mistakes doesn't mean you are a failure**
- **Learn from mistakes of others**
- **Learn to receive constructive criticism**
- **Cultivate grit**
- **Set a new goal for every milestone you achieve**
- **Remember that it takes time to succeed in anything**



Practice for Friday , the 18th of June

- 1 Watch Lesson 8 video**
- 2 Read lesson 8 p.106-110**
- 3 Do Exercise 3 p. 112-114**



ELEVATED EMOTIONS VS. LIMITED EMOTIONS

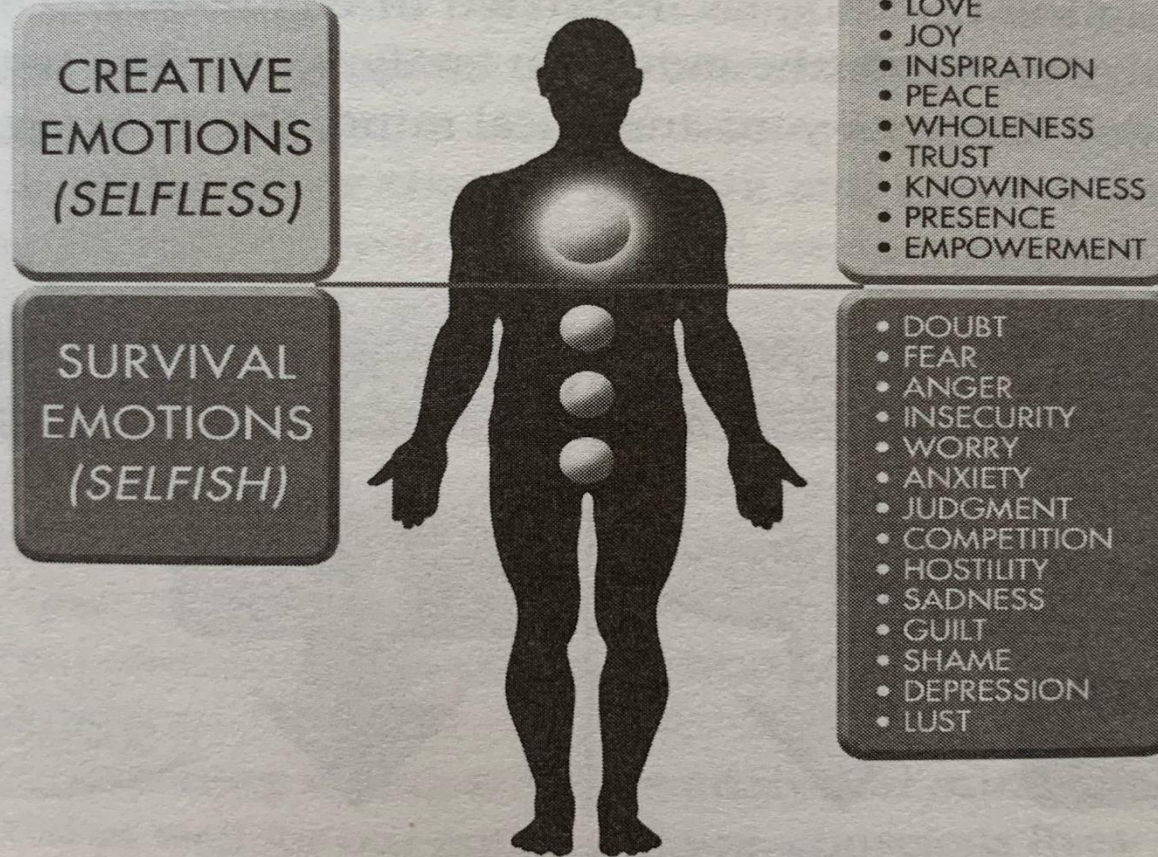


FIGURE 6.2



THE MIND

- LOGIC
- REASONING
- CREATIVITY

WILL

CONSCIOUS MIND - 5%

ANALYTICAL MIND

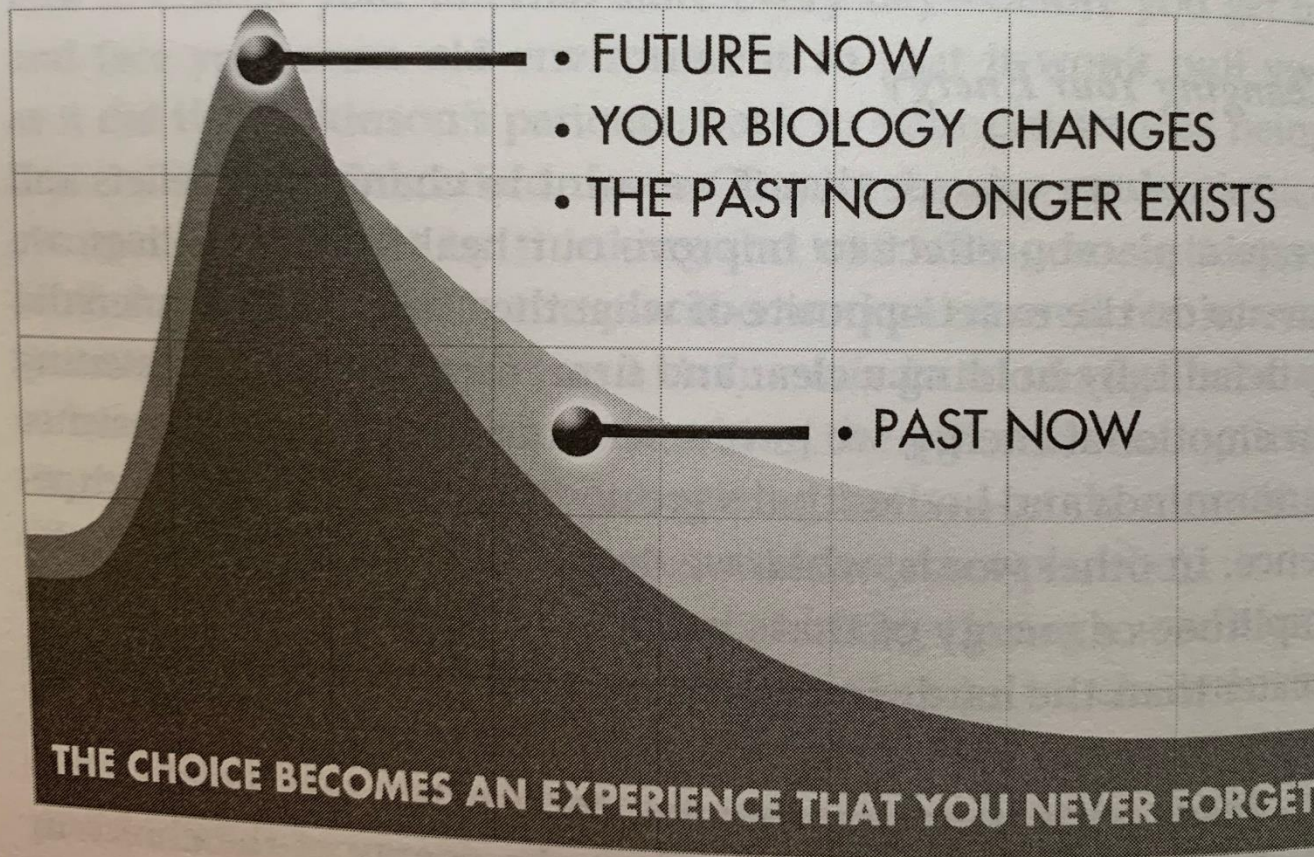
SUBCONSCIOUS MIND - 95%

- SKILLS
- HABITS
- EMOTIONAL REACTIONS
- HARDWIRED BEHAVIORS
- CONDITIONED RESPONSES
- ASSOCIATIVE MEMORIES
- ROUTINE THOUGHTS & FEELINGS
- ATTITUDES
- BELIEFS
- PERCEPTIONS



CHOICE BECOMES EXPERIENCE

CHOICE WITH ELEVATED EMOTION/ENERGY
CREATES NEW EXPERIENCE

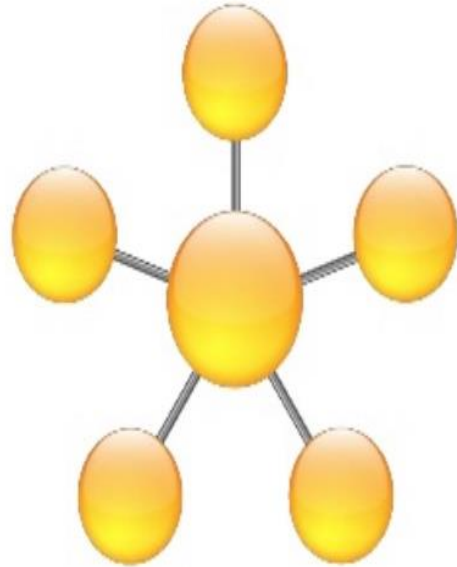


Natural Laws of Universe



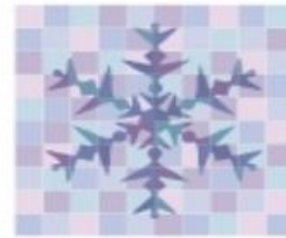
Law of Vibration

This Law describes that everything in the Universe **vibrates**. This law holds true in every aspect of life. Vibration is in the physical world, within our thoughts, feelings, desires, and dreams. Every vibrational frequency has a unique vibration.



Law of Rhythm

This Law describes to us that everything vibrates and moves to a rhythm. Each rhythm establishes seasons, cycles, stages of development, and patterns. Whenever you do an activity continuously it becomes a **rhythm** called **habit** then it is permanent. If you don't use your mind you become apart of the rhythm in the environment.



Law of Perpetual Transmutation of Energy

As energy we all have the power to change any condition in our lives. Producing a **higher vibration** consumes and transforms **lower ones**. This means we can change the negative energies in our lives by focusing on positive energies.



Law of Relativity

Nothing is good, bad, big, small, etc. until it has been experienced and compared to something else. Nothing in life has any meaning, except for the meaning that we give it. Light only exist because we compare it to dark. Each of us will receive a series of problems to **strengthen** the energy within us or **lower** it based on how we percieve the problem. We can perceive a challenge as and **opportunity** for **growth** or something that brings **pain**. Our perception determines if we improve or fail.



Law of Polarity

This Law states that everything has an opposite. Light has to have dark in order to understand each. We cannot have a left without right, we cannot have up without down and we cannot have **success** without **failure**. We can suppress and transform an undesirable negative thought by focusing on a positive thought.



Law of Gender

The law of gender manifests in all things as masculine and feminine. It is this law that governs what we know as creation. The law of gender manifests in the animal kingdom as sex. This law decrees everything in nature is both male and female. Both are required for life to exist.



Law of Cause & Effect

This Law states that nothing happens by chance or outside the Universal Laws. For this law we look at every action. This is because every action has an appropriate reaction. This law means we have to take responsibility for every that happens in our lives. Every action has a reaction or consequence and we “reap what we have sown.”



Mentimeter

Please rank the Natural Laws of the Universe (1 being the most important to you).



 **Thinking**
INTO CHARACTER

 **REGENT**
COLLEGE
LONDON

 **Thinking**
INTO CHARACTER

