



EXERCISE 14

Our **BELIEFS** create our **ACTIONS**. They also *create inaction*. Inaction, as opposed to incorrect action, in my experience, *holds most of the responsibility for a lack of results in our lives*.

As discussed earlier, when we explored the concept of using TBAR to identify and isolate issues within the byproduct process, *failure to take consistent or correct action* is the *byproduct* of *incorrect or inconsistent beliefs*.

Let's examine here beliefs which lead to inaction:

Downplaying the win:

When we believe winning isn't worth playing the game, we become benchwarmers on the field of life. When we downplay the win, similar to minimizing it, we excuse ourselves from having to play. We use these beliefs to excuse and rationalize the lack of results in our life and our inactivity in trying to change.

Blaming others or circumstances:

Believing we aren't in control of directing our future helps to excuse us from taking action to change our reality. While many times things do happen to us outside of our control, we are always in control of how we respond to them.

Rewarding ourselves even when we didn't win:

Why play the game when I can get the prize anyway? Today people live a lifestyle similar to that of people making two to three times what they earn by financing their lifestyle on credit. When we reward ourselves before we have earned it, our motivation to act and to achieve is greatly reduced. Set goals and reward yourself when the goal is achieved.

Worrying about what you can't control while neglecting the things you can:

Many people believe politics, conspiracies, the man, the economy, and other outside factors are the actual limits on their achievement. Instead of taking action to change our lives, we become paralyzed, thinking it doesn't really matter what we do since institution X is really just pulling the strings of life.

Frustration:

All great leaders experience high levels of frustration. Why? Because they are warriors against the status quo. To a leader, the status quo is exactly that—frustrating.

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit at home and think about it. Go out and get busy”

~Dale Carnegie



EXERCISE 14 (Cont'd.)

Write down the top two areas in your life that you are:

Downplaying the win:

1. _____

2. _____

Which **THOUGHT(s)** must I *re-program* to initiate a change for this up the **TBAR** process?



EXERCISE 14 (Cont'd.)

Write down the top two areas in your life that you are:

Blaming others or circumstances:

1. _____

2. _____

Which **THOUGHT(s)** must I *re-program* to initiate a change for this up the **TBAR** process?



EXERCISE 14 (Cont'd.)

Write down the top two areas in your life that you are:

Rewarding ourselves even when we don't win:

1. _____

2. _____

Which **THOUGHT(s)** must I *re-program* to initiate a change for this up the **TBAR** process?

Write down the top two areas in your life that you are:

Worrying about what you can't control while neglecting the things you can:

1. _____

2. _____

Which **THOUGHT(s)** must I *re-program* to initiate a change for this up the **TBAR** process?



EXERCISE 14 (Cont'd.)

Write down the top two areas in your life that you are:

Frustration:

1. _____

2. _____

Which **THOUGHT(s)** must I *re-program* to initiate a change for this up the **TBAR** process?

