

Good Beliefs

“The very things that held you down are going to carry you up.” – Christopher Robin to Pooh



Name some beliefs that serve you well.

For all the limiting beliefs, we all carry some good ones, too. I find it very helpful to hold on to those, so I thought it would be nice to wrap up this course by helping you create a list of positive, inspiring beliefs. Here are a few that have carried me through the darkest of times (and are pinned up on my wall):

- *“Life isn’t meant to be fair, but it can still be grand!” – Don Byers (my dad)*
- *“The sun WILL come out tomorrow.” Shirley Temple*
- *“You’ve done hard things before. You can do them again!” - Me*
- *“Nobody, every once, pops to the top. They get there ... step by step ... each a failure until it’s not.” – Seth Godin*
- *“Not good enough for WHAT? Says WHO?” – Me!*

Your turn! What are some beliefs or quotes that bring you courage and hope? Write them down. Print them out. The put them up on your wall.

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