

Set Your Sail with Perception Coaching

September
Focus:
Beliefs

Beliefs establish early

From infancy we are given messages to help us stay safe, to grow, and develop shared values.

These messages form beliefs even before we are able to actively process the related abstract ideas.

What messages were shared with you early in life?

With whom have you interacted most of your life? Those relationships have likely contributed to and reinforced your core beliefs.

Focus on

Beliefs

Mottos or Sayings

Such as

- Take your time and do it right
- Never give up
- This too shall pass
- Working for the weekend
- Early to bed, early to rise...

Earliest memories

From whom or what did you hear or learn this belief?

Reinforcers

What experiences or other sayings have added credibility to the belief over time?



Set your sail™

Use the ideas and questions throughout this issue as journaling topics to spark ideas to increase confidence and optimism and thrive!

PERCEPTION COACHING

In Search of Our Beliefs

Explore what you believe and next issue we will look at how it influences what you see, understand, and do.

Reflect on ideas seen over time

Beliefs are by nature robust and unanalyzed, because they grew with you.

Think about themes in messages you remember. Which ads, PSAs, idioms, or one liners your family uses, have stuck with you?

Which come to mind when you make a decision, meet people, or do work?

What are your favorite quotes?

What taglines or mottos do you revisit often?

Beliefs

- form in early childhood
- are reinforced through repetition and experience
- may not be explicitly understood or considered
- may be seen in mottos, idioms, or common sayings
- inform our opinions and decisions (next issue!)

What traits and behaviors are important to you?

Do you have sayings you use regularly related to these?

Examples for exploring beliefs follow, with opportunities to get to know more about two members of our Perception Coaching staff!

PERCEPTION COACHING

Haley's beliefs: beginning to explore

I absorbed a lot of sayings growing up, but a couple stuck with me

You are what you eat

I heard this repeatedly through the TV shows that we watched growing up.

The early bird catches the worm.

This one was a frequent story phrase, along with being reinforced by watching my Dad wake up early every day to go to work!

~Haley

You catch more flies with honey.

While I was never interested in finding bugs around, I did always remember that it was more effective to be nice to people when you talked to them.

Don't rock the boat

Growing up hearing this my have influenced my #1 CliftonStrengths® talent of Harmony! I heard this often in varying contexts growing up, but the repetition across sources seems to have made it stick in my brain as something important to remember in all kinds of situations!

1. everyone has talents
2. everyone is doing their best
3. value everyone

SET YOUR SAIL

Barb's belief origin summary

I have many sayings that echo in my mind when making decisions.

A penny saved is a penny earned

I often think...*Someone may be able to use this because*

One person's trash is another's treasure.

CliftonStrengths® language may interpret my dominant themes Restorative® and Input® in this light.

In practice I am a creative problem solver, and more resources encourage better solutions!

I used to wonder why I collect and tend to save everything! These recurring themes indicate a belief established early in my life!~Barb

Waste Not, Want Not

I was exposed to and noticed several ideas related to this in the late 60s and early 70s focused around saving the environment, gas shortages, saving money, and preserving what we have.

These messages were at home, school, and on radio and t.v.



UNCF

A mind is a terrible thing to waste®

This impactful UNCF tagline was regularly aired in ads from 1972.

Around the same time Sesame Street had a short Wasteroo song.

Young me: never waste things- especially minds or water!

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2. everyone is doing their best
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