Run Your Best Life - February Challenge

February 1 - If you believed anything was possible for you, how would your life be different?
February 2 - Think of your most deeply held beliefs about yourself. How do these thoughts impact your daily life?
February 3 - DISCUSS: Beliefs are thoughts you've practiced over and over.
February 4 - Do you think you can change your core beliefs about yourself? Why or why not?
February 5 - What beliefs do you want to cultivate about yourself?
February 6 - DISCUSS: Believe you can and you're halfway there. -Henry Ford
February 7 - What is your favorite thing you believe about yourself?
February 8 - Do you have any beliefs you want to change? What are they?
February 9 - Give an example of how your beliefs have changed over time.
February 10 - DISCUSS: "I can believe things that are true and things that aren't true and I can believe things where nobody knows if they're true or not." - unknown
February 11 - Name one belief you'd like to eliminate from your mind.
February 12 - Name one belief you'd like to install in your mind.
February 13 - Name one belief that would change your entire life if you installed it.
February 14 - DISCUSS: “Success is most often achieved by those who don't know that failure is inevitable.” — Coco Chanel
February 15 - If you could no longer doubt your abilities, how would your life change?
February 16 - Share one or more of your reverse models from this week's SLS homework.
February 17 - What do you need to believe to create the result of your impossible goal this year?
February 18 - DISCUSS: Failure is a result of a lack of belief.
February 19 - DISCUSS: Nobody else can believe it for you.
February 20 - DISCUSS: “It's what you choose to believe that makes you the person you are.” — Karen Marie Moning
February 21 - If you knew for sure it would work, how much time each day would you be willing to spend practicing your beliefs?
February 22 - How will you practice your new beliefs?
February 23 - DISCUSS: It's possible to believe your way to success.
February 24 - How does your future self handle failure?
February 25 - DISCUSS: Confidence is unwavering belief that something is possible for you.
February 26 - DISCUSS “Believing takes practice.” — Madeleine L'Engle
February 27 - Describe your future self beliefs.
February 28 - What have you learned from this challenge?