

# WAYS TO CHANGE NEGATIVE LIMITING BELIEFS

- 1) Imagineering
  - 2) Experimenting
  - 3) Affirming
- 
- The background of the slide features a blue gradient with several faint, concentric white circles resembling water ripples. These circles are scattered across the lower half of the slide, with a larger one on the right and several smaller ones on the left and bottom.

**IMAGINEERING** is like a mental rehearsal where you see yourself doing every step of what you want to achieve or what you want to be. As you generate the mental picture of what you want to be or to do, condition your innerself to accomplishing and fulfilling these goals



# EXPERIMENTING

Don't just stop at imagining what you can do.

Proceed to put it immediately to a test.

Actual experimenting can make you realize more satisfying effects of freedom that lead you to discover new ways of doing things.



**AFFIRMING** can also be used to inspire, encourage and energize other members of your team or family.

# HOW TO STRENGTHEN THE CONSTRUCTED SELF -

**A** - ccept failure and bounce back



The key to success:

- accepting that you have made a mistake
- examining these mistakes
- learning from them

Turn your “scars” into “stars.” Use them as stepping stones to improve yourself.



# HOW TO STRENGTHEN THE CONSTRUCTED SELF -

- A** - ccept failure and bounce back
- R** - ealign your constructed self
- C** - onvert negative thoughts and control  
inappropriate reactions

**Mood Control** – is reframing a situation by changing your interpretation and looking at it from another point of view or perspective.





# HOW TO STRENGTHEN THE CONSTRUCTED SELF -

- A** - ccept failure and bounce back
- R** - ealign your constructed self
- C** - onvert negative thoughts and control  
inappropriate reactions
- H** - ave a vision



Your VISION is the picture/image  
of the future you intend to create



EFFECTIVE VISIONING  
IS LIKE THE  
WORK OF AN  
ARCHITECT



Your VISION of the future is your comprehensive personal statement which will capture what you really want to happen in your life and in your career.

*Mastering your inner world is a long journey, which will require your time and effort. But if you take it one day at a time, then one day - - - you will find that you have finally become - - - MASTER of your inner world.”*

**VISION** without action is merely a dream.

**ACTION** without vision merely passes the time.

**VISION** with action creates the future and changes the world

**THANK YOU!**



# Becoming An Achiever



# 5 R's to a career tune-up

R – reflect

R – review

R – e-align

R – e-chart

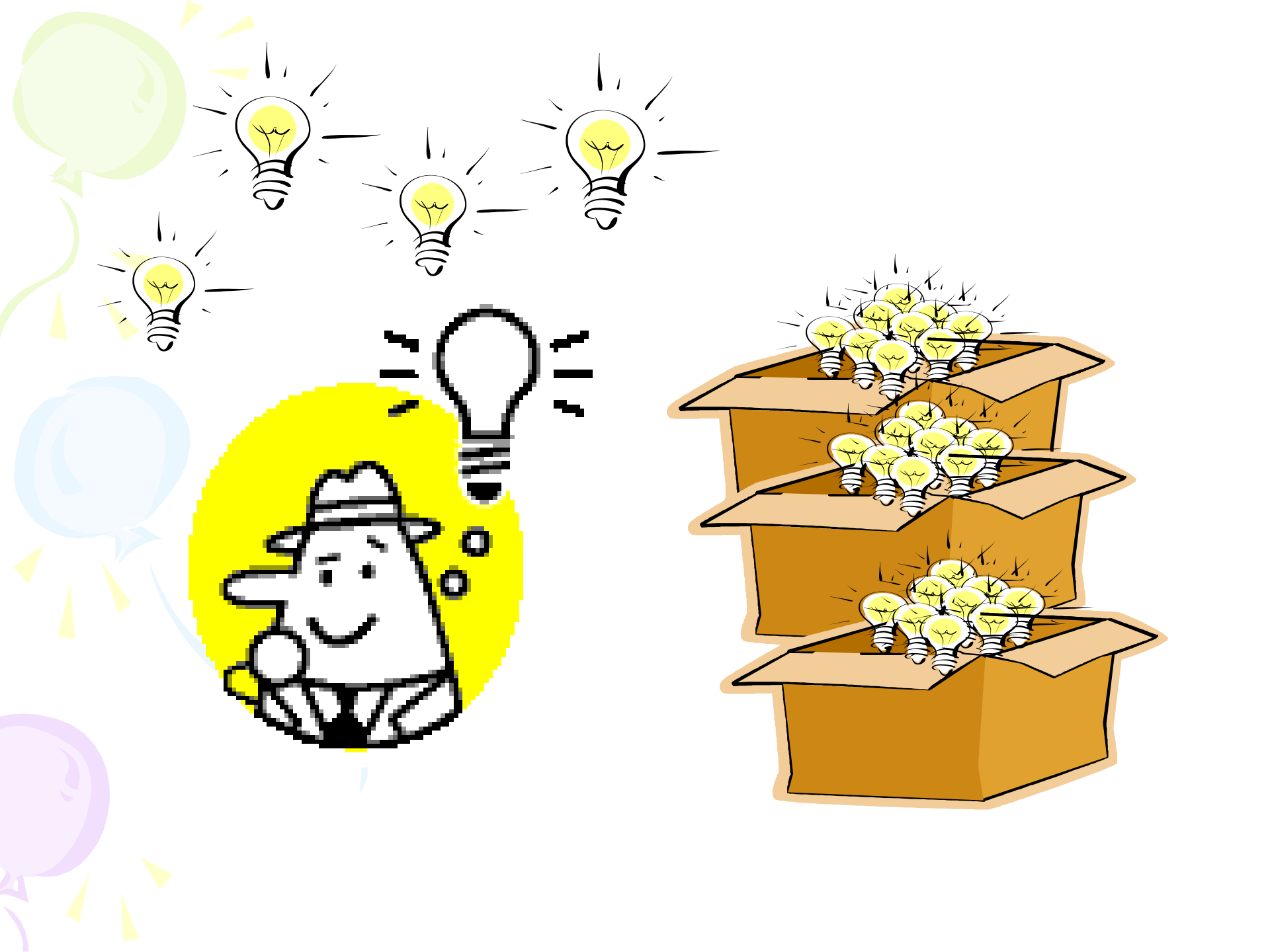
R – e-define

Work has  
many faces.

Your work is

More than just  
what you are  
doing









# SELF MOTIVATION



What can I do?  
How can I contribute





# DIFFERENT CAREER LINES

- The line that is going up

# If your line is going UP

1. Do not diminish your desire to excel or become complacent at having succeeded.
2. Continue searching more challenging and demanding work opportunities.
3. Do not wait to be asked. Make things happen.
4. Nurture your talents and work continuously to improve yourself.

# DIFFERENT CAREER LINES

- The line that is going up
- The line that is going down

IF YOUR LINE IS GOING DOWN,

# STRIVE

FOR A BETTER PERFORMANCE

**S** – stop blaming others

**T** – think trade offs

**R** – realign your expectations

**I** – identify what you need to do

**V** – value your work

**E** – eliminate your bad habits

# WAYS OF REACTING/RESPONDING TO CAREER DISAPPOINTMENT

- refusing to learn from experience
- learning from experience but scared to take risks
- learning from experience and adopting a new approach

# DIFFERENT CAREER LINES

- The line that is going up
- The line that is going down
- The line that is going up and down

When things Don't Work,

**FOCUS** to balance your life  
career

F – orm a positive frame of mind

O – rganize your self around key result  
area

C – onfront your past hurt and break  
through your defenses and excuses

U – se foresight

S – et-up a support network

# DIFFERENT CAREER LINES

- The line that is going up
- The line that is going down
- The line that is going up and down
- The line that is going straight



# Plateauing

is levelling off  
or slowing down  
in the rate of  
progress.

# REASONS OF PLATEAUIING

**A** – bility

**B** – locks

**C** – hoice

**D** – esensitization

# WAYS TO HANDLE PLATEAUIING

**R** – e-define success

**A** – sk for movement

**I** – nvest in yourself.

Nurture your talent

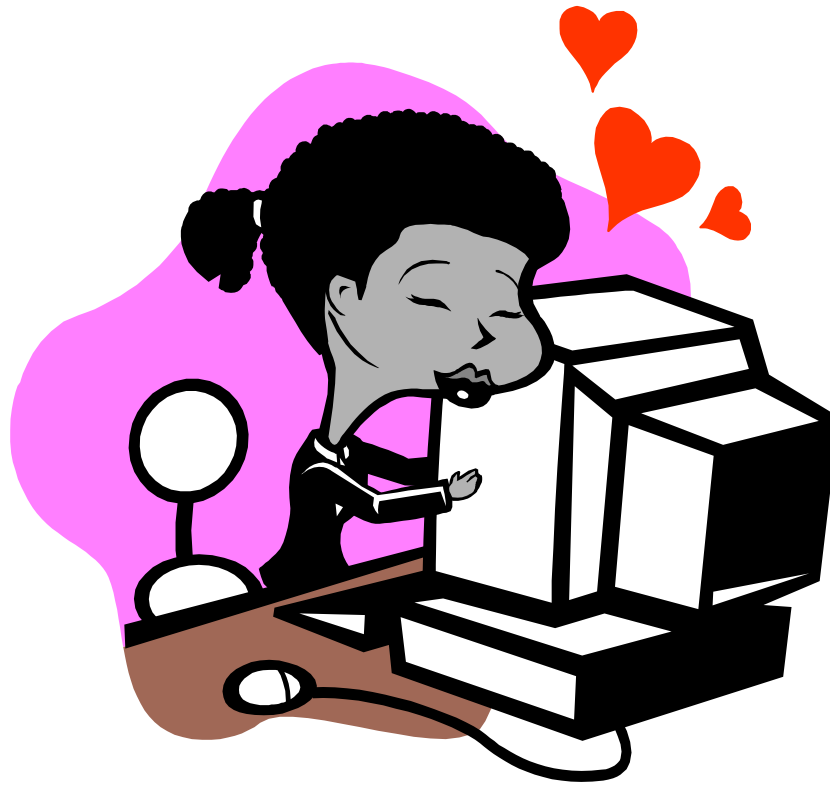
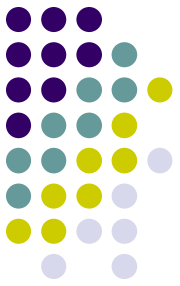
**S** – eek mentors

**E** – xpand/enrich your job

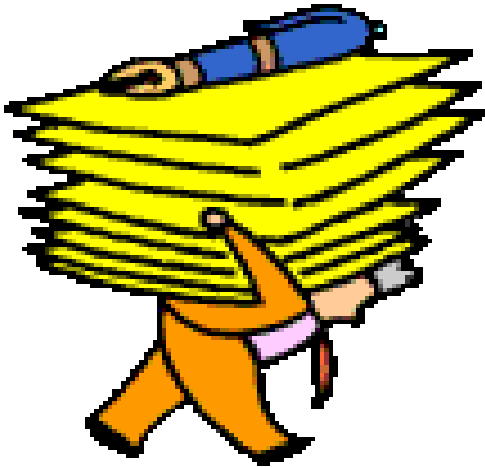
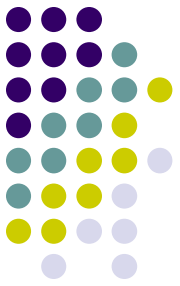
# KEY CAREER STAGES

- Honeymoon Stage
- Fuel Shortage Stage
- Chronic Stage

# Honeymoon Stage

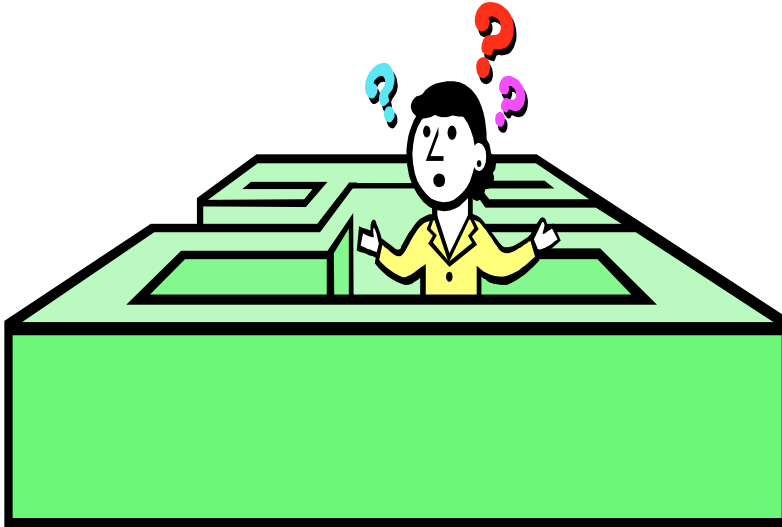


# Fuel Shortage Stage





# Chronic Stage



In the fuel  
shortage and  
chronic stage you  
become  
a sustainer.



# TWO KINDS OF EMPLOYEES

- SUSTAINER

- ACHIEVER

Achievers  
see the job  
as something they  
have a hand  
in creating.

# 5 C's That Characterize Achievers

- Courage
- Commitment
- Confidence
- Connectedness
- Control



The major obstacle to a fulfilling work is not a bad boss, bad co-employees or a bad organization

It is YOU!!!

Your  
Work is  
what you  
make it

If you fail in  
making a career  
out of your job,  
you have passed  
out on a priceless  
opportunity

# DON'T QUIT

When things go wrong as they sometimes will,  
When the road you're trudging seems all uphill,  
When funds are low and debts are high,  
And you want to smile, but you have to sigh.  
When care is pressing you down a bit –  
Rest if you must but don't you quit.

Life is queer with its twists and turns,  
As everyone of us sometimes learns,  
And many a person turns about  
When they might have won had they stuck it out.  
Don't give up though the pace seems slow,  
You may succeed with another blow.



Often the goal is nearer than  
It seems to a faint and faltering man;  
Often the struggler has given up  
When he might have captured the victor's cup;  
And he learned too late when the  
night came down,  
How close he was to the golden crown.  
Success is failure turned inside out –  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It maybe near when it seems afar;  
So stick to the fight when  
you're hardest hit,  
It's when things seem worst that

**YOU MUSN'T QUIT.**

■ THANK YOU!