

# YOUR VANTAGE POINT

Dictates How The World Looks

## The Common Belief

“ With positive affirmations, a commitment to change my habits, or an insistence on a new belief, I can create my own transformation ”

Maybe you've noticed yourself doing things like:

Posting positive affirmations on your mirror

...or saying things to yourself like:

Why am I so afraid? I know that I don't really have something to be afraid about, it's just a story!

...and yet, at the same time, noticed that your fear still seems to stop you.

This infographic will explain how we create our experience of life, why it's so challenging to transform it, and detail the various ways that people get stuck.

We'll start by sharing the way we create our lives, our experience, and the world around us.

Then we'll talk about how all people get this wrong...

...and why you yourself are almost certainly one of those people.

What a bunch of dummies!

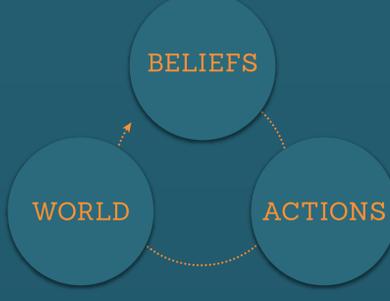


Hey, wait a second here...



## HOW IT ACTUALLY WORKS

Here's how we create our lives, our experience, and the world around us.



Below we'll show you how:

1

Our beliefs determine our actions

2

Our actions create a world around us that is consistent; and

3

The world we've created reinforces our beliefs

We'll use the example of a relationship to money below, to show how this works.



We begin with whatever our **belief** is around any particular subject.

### BELIEFS

You have beliefs about literally everything.

Examining how you arrived at these beliefs is a distraction. You're better off trusting that your beliefs were something you were taught and inherited from your parents, teachers, peers and the world around you as you grew up.

A reminder that we will be using the following belief, about money, as our example:

“ In order to make money, you have to work hard. ”

The world you have created around you will reinforce and confirm your BELIEFS as more than simply BELIEFS. It will prove to you that your beliefs aren't a story you've made up. They are abject, concrete reality.

### WORLD

Your actions create a world around you that is consistent with the way you show up in life.

You will naturally find yourself in jobs that reward you financially for working hard, and consequently, surrounded by people acting and believing the same.

Since your belief doesn't have room for making money without working hard, people doing this will occur as lucky or cheats. You will be unlikely to surround yourself with them.

And, when you meet people that have money but don't seem to be working hard, you'll actively look for the proof of your belief. How is it that they have been lucky and you are not? Where are they cheating to get by?

Because we will find what we look for, you will find further evidence to prove that your beliefs are objectively true.

For example: money, food, religion, your family, your friends, what it means when someone has money, is overweight, beautiful, and so on.

These particular beliefs, inform the way you ACT.

### ACTIONS

You will not consciously choose actions consistent with your belief – it's simply the only actions that will occur to you. This is part of what makes our beliefs so powerful.

You may look for opportunities that reward you for working hard, with a lot of money.

Or, you may decide you don't want to work hard, and find ways to live a good life without needing a lot of money.

Or you may decide on some middle-of-the-road approach, perhaps compromising on how hard you have to work in exchange for getting paid less.

These actions will create a WORLD or environment around you.

## AS A RESULT...

Because of the fact that each of these components feeds into the next, there are a few consequences.

1. Telling yourself, or being told by a well-meaning coach, counselor, leader or friend that something is “just your story” misses half the point. Yes, your beliefs are something you've created, but you've got absolute evidence for their validity in the world you've created around you.

2. If you do start to try and make a change, knowing that something is just your story, you're very quickly going to come into conflict with the world you've created from that story.

If you try to tell yourself that it's just your story that it's rude to talk to strangers, and suddenly start talking to strangers, your friends, who will predictably share your story, are going to have a reaction to this new way of you showing up.

And, because you'll be clumsy, awkward and a little nervous as you try something new people are probably going to have a reaction to your attempts to do something different.

Finally, their reaction will confirm that your belief is more than simply a belief – it's the **truth**.

3. Third, you may try to make changes without distinguishing the underlying belief that is guiding your actions.

For example, you may have a belief that it's rude to ask for what you want, and consequently, find yourself in a world where you never get what you really want.

You might try to ask for a raise at your job, but without distinguishing the belief that all of this lies on top of, you may ask for that raise in an overly polite manner, or try to do so indirectly.

Those strategies keep you operating in a way consistent with your beliefs, but if they don't create the result you want, you're stuck operating inside the same world. Nothing changes.

It's true. Some people are just doomed never to get what they want.

The upshot of all of this is that we're stuck in our cycle, and often left trying to make a shift in one place, without really getting the entirety of the cycle.

This would be like seeing a tree in front of you, and trying to cut it down, assuming you've solved your problem. But if the greater issue is that you're in a forest, no amount of cutting down a tree will really make a difference for you.

## SO, WHAT IS THERE TO DO?

### PRACTICES

The most powerful thing you can do is, in any area where you want to create transformation, start to distinguish these three elements.

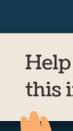
- For any particular thing around which you want to create a shift (e.g., money, family, religion, etc.), get clear on your beliefs about it. Create a list of at least ten beliefs.
- Our beliefs dictate our actions. What actions do you take, as a result of the beliefs you've listed?
  - What do you do in alignment with these beliefs?
  - What do you avoid doing because of these beliefs?
  - What do you look for in the world?
  - What do you reject out of hand, as a result of these beliefs?  
e.g., “There's no way that person has made all that money – they're not stressed out at all!”
- Your actions create the world around you.
  - What is the world you've created around you, as a result of these beliefs?
  - What does this cycle allow to be possible in your life?
  - What does it ensure is forever impossible?

## BUT HOW DO I CHANGE IT?

This is an incredibly human desire.



Help me change this immediately!



It's our need to change things instantly that creates the problem.

If you can really start by noticing this pattern, not only intellectually while looking at this sheet, but on the ground, in your life, as you're recreating it moment by moment – THEN (and only then) will you start to have the opportunity to create a shift.

So go and notice your pattern, as it plays out. Can you catch yourself playing out these beliefs and actions as you're doing them? Only once you start to catch yourself actively creating this pattern, can you start to choose something else.



ADAM QUINEY

250.686.7478

adamquiney.com

adam@adamquiney.com