

Bridging The Gap Overview

Introduction

To believe is to achieve...

How many times have you heard that saying?

While it may make sense intellectually to most people, living out this saying is another thing altogether.

There are many things we know SHOULD work in our lives but, in reality, they don't.

Belief powers successful action.

The most successful people have amazing powers of belief.

They believe in themselves, their cause, their project so much that their belief translates to ACTION.

Even better, when they meet obstacles and setbacks like everyone else, it doesn't faze them... because they BELIEVE in what they are doing and what they are trying to accomplish.

Their power of belief is so strong that it produces an infectious CONFIDENCE that people around them simply can't ignore or fight off...

Successful leaders like Steve Jobs, Bill Gates, and others are able to do MASSIVE THINGS in life because they inspire others around them to SHARE their belief... and be empowered by the confidence this belief produces.

The good news? If THEY can do it, you CAN TOO!

This book steps you through the following process

- Identify your beliefs
- Highlight positive and empowering beliefs
- Reform and eliminate limiting beliefs
- Live out your belief
- Create Positive Confidence Feedback loops
- Infect others with your sense of Possibility and Positivity

Chapter 1

- Identify your beliefs

We ALL have beliefs

- * We just might not be conscious of them
- * We just might not be aware of their impact on our lives
- * But just because we are not aware doesn't mean they don't exist nor have an impact

Fact: your life is the product of your beliefs

- * If you are frustrated with any aspect of your life, they are linked to beliefs

How belief operates

Stimuli > beliefs > Interpretation > Emotional state > Physical action

Upward spirals

Downward spirals

Your areas of frustration are due to downward spirals

Chapter 2

- Highlight positive and empowering

beliefs * You already have these

* NO life is totally devoid of positive/empowering beliefs

2 ways to find these

* You are already aware of them

* Find areas of your life you're happy with and trace them to beliefs

* Regardless of how you do it, become FULLY AWARE of your positive beliefs

Highlight them

* Pick them apart: what do you believe that makes you feel capable/empowered/confident

* Feel good about them

Emphasize them

* Turn them into affirmations

* Keep them top of mind

* Emotionally tune into them

Chapter 3

- Reform and eliminate limiting beliefs

2 ways to find these

- * You are already aware of them
- * Find areas of your life you're happy with and trace them to beliefs
- * Regardless of how you do it, become FULLY AWARE of your NEGATIVE beliefs

UNDERSTAND your negative beliefs

Step 1: Be clear on your negative beliefs / tightly define them

Step 2: Understand their triggers

Step 3: Understand their effects on you / your performance / your confidence levels

Step 4: Get a sense of URGENCY about conquering these beliefs

Conquer your negative beliefs

Step 1: Trace them to memories / situations

Step 2: Are the facts complete? If not, maybe you jumped to the wrong conclusions? Believe

this to diffuse / dilute your negative belief.

Step 3: If the facts are complete, did you exaggerate them? Was it really as bad as you imagine?

Believe this to diffuse / dilute your negative belief.

Step 4: If the facts are complete, did you OVERREACT? Take control of your reaction right

here right now.

Step 5: Regardless of the method you pick, focus on the **NEGATIVE IMPACT** of your limiting belief on your confidence and on your **LIFE**.

Chapter 4

- Consciously and Purposely Live out your positive beliefs **REMEMBER:** What you focus on grows

Stay focused on your positive beliefs

- What do they say about you?
- What do they say about your purpose?

Use these as your personal **NORTHSTAR**

- Draw comfort from them
- Draw **ENERGY** from them

See that they **PRODUCE RESULTS**

- no matter how small
- you performed well in the past, you can perform well now

Chapter 5

- Create Positive Confidence Feedback loops

Look back to great performance to feel confident now Achieve something due to high confidence

Create a mental association between peak performance and ability to trigger confidence

This is the key to CONFIDENCE ON DEMAND

- you have it "IN YOU"
- No need to rely on EXTERNAL TRIGGERS like
 - * people's feedback
 - * the right location
 - * the right time
 - * the right feelings (based on external triggers)

Chapter 6

- Infect others with your sense of Possibility and Positive

People are looking for guidance

Stand out from the crowd by being INTERNALLY POWERED

- be the ray of sunlight
- be the constant source of optimism

Rally others to you

- Draw confidence from your ability to keep giving despite circumstances
- Self-sustaining dynamic
- Draw power from within