

STEPPING FROM A FIXED SELF-VIEW TO A FLEXIBLE SELF-VIEW

Think about something that's important to you but you often find hard to do. Choose an activity that you believe you aren't good enough at—math, English, science, a certain sport, being a friend, dancing, or whatever fits for you.

Getting to Know Your Fixed Self-View

Using the activity you identified above, complete the following sentence:

I believe I'm not good enough at: _____

When you attempt this activity, and the going gets tough, what do you tell yourself about it? Let your advisor come up with criticisms, such as "not smart enough," "too slow," "too unskilled," "not interesting enough," "too weak," or "too undisciplined." Let the advisor hit you with its best shot: "useless," "lazy," "stupid," or other name-calling.

Now assume that you're totally stuck in just the negative aspects of the advisor, and whatever your advisor says will define how you act for the rest of your life. Complete the following statement for several of the advisor's messages:

When my advisor says _____,

for the rest of my life I must _____

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Now repeat the negative advisor messages to yourself and really try to believe it. As you do this, step into noticer space and scan your body for sensations and feelings. What sensations show up in your body? What emotions show up?

Exploring a Discoverer's Way

Now imagine that you have great discoverer skills and can easily shift to using them—that you can step into and out of your advisor space easily. How might you approach this activity now, if anything was possible? What new things might you try to become better at your valued activity?

Then, broadening from those activities, what would you be doing if you assumed you could explore, discover, and try new things for the rest of your life?

Are you willing to take a leap of faith and assume that you can explore and change, even if it's only a small step? If yes, well done! You've taken a powerful discoverer step. If no, that's okay. Just keep in mind that you get to choose. You have the power to change if you're willing to unhook from self-limiting beliefs and step into discoverer space.