

The 3 Meta-Beliefs That Will Change Your Life

What you believe determines what you think, how you act and, ultimately, what results you get in life.

That's why, you want to upgrade your belief system and implement the most empowering beliefs possible. Below are three meta-beliefs (or core beliefs) that, once you've internalized, will make a massive difference your life.

Under each belief, I've added sub-beliefs to help you make these beliefs easier to assimilate.

Meta-belief #1 – Everything is possible

- **Sub-belief #1 – If someone else can, I can.** At a biological level, we have more or less the same brain. What someone else can do, we can learn to do as well. Thus, keep looking for role models who have achieved the goals you want to achieve and learn as much as you can from them.
- **Sub-belief #2 – If one, then one million.** If you find the courage and determination do something just one time, then I you can do it over and over again. It's inevitable.

Meta-belief #2 – Everything is learnable

- **Sub-belief #1 – I can become better.** Know that you can *always* improve and inevitably will. So, even when you reached a plateau, do whatever you can to become better. Read books. Take courses. Find mentors. Hire coaches. Try different techniques. Go back to the fundamentals, etc.
- **Sub-belief #2 – I'm not good enough yet, but I inevitably will.** Truth is, you're not good enough *yet* at certain things. Otherwise, you would already have achieved anything you want in life. Accept that fact. Then, trust that, with practice, and over time, you'll improve and become good, great, or even excellent at any skills you truly desire to acquire.

- **Sub-belief #3—I am an unstoppable learner.** Cultivate the identify of a learner. That is, evaluate yourself based on how much and how fast you can learn. See yourself as an extraordinary learner who has the ability to learn faster and better than almost anybody else. Don't try to be right or look good. Instead be willing to look dumb, feel insecure, or experience feelings of shame. In short, value learning over being right or looking good.

Meta-belief #3—Every problem has a solution

- **Sub-belief #1—I can figure things out.** Develop the inner belief you can and will figure things out. You're smart and capable of enough. The simple fact you're still alive means you've figured things out in the past and you will in the future as well. So trust your ability to figure things out. Then, do whatever is in your power to solve your issues. You're an extraordinary problem solver so start acting like one today.
- **Sub-belief #2—There are people who have answers to my questions.** There are over 8 billions on the planet. Many of them have answers to your questions. They have faced the same issues as you (or similar one). Find them and ask for their help. You're not alone.