

Some Observations about Beliefs

Everyone has a series of Beliefs in their head. We each have a dozen or so KEY Beliefs, that effectively run our life...

Beliefs are:

- “rules” (assumed truths) we use to respond to people and events, how we make decisions, etc. (i.e. how we understand and manage the world),
- the basis for our “self talk”, (which most of us take for granted), and
- the foundation of our “values”.

Our Beliefs are **learned** from: our personal experiences, our own thoughts, parents, friends, society, media, religion, etc.

Many of our Beliefs can be summarized into metaphors, proverbs, idioms, or axioms (e.g. “haste makes waste”).

Beliefs can be very *beneficial* as they:

- 1) help us to conceptualize what we’ve learned in prior experiences,
- 2) save us the time and effort so we don’t have to “start from zero” in every situation, *and*
- 3) help us solve the challenges of life by giving us a basis for acting consistently.

Our Beliefs make our actions happen – and *determine our happiness*...



The *problems* with Beliefs are:

- 1) as generalities, they are rarely *always* correct, even though we assume they are
- 2) since they are in our subconscious, we are often not *aware* of what they are
- 3) most of us do not routinely examine our Beliefs for *accuracy*
- 4) sometimes an otherwise correct Belief may be used where it is not *appropriate*
- 5) when we are faced with evidence that contradicts one of our Beliefs, we tend to dismiss it as an *exception*, and
- 6) even when we want to change a Belief, it takes effort to do it.

Remember, *our Beliefs control our Happiness*...

Some of My Primary Beliefs:

Work as if everything depends on me, but pray as if everything depends on God
Doing the Right Thing is often not the easiest choice at the time, but is always the best choice in the long run (similar to: Two wrongs don't make a right)
Variety is the spice of life
Keep It Simple (KISS)
Those who do not learn from history are doomed to repeat it
(which is another version of Don't Reinvent the Wheel)
Time = Life: wasting our time is wasting our life.
Waste not, want not
An ounce of prevention is worth a pound of cure
Actions speak louder than words
Say what you mean, and mean what you say
Many hands make light work
The squeaky wheel gets greased
Work before pleasure
Changing the Beliefs of others is the way to get them to change their behavior

These aren't what I would call primary beliefs for me, but I often find them to be applicable and helpful

There's many a slip twixt the cup and the lip
Empty barrels make the most noise
Necessity is the mother of invention
All work and no play makes Jack a dull boy
If at first you don't succeed, try, try again
Give credit where credit is due
Birds of a feather flock together
A chain is no stronger than its weakest link
Make hay while the sun shines
He who hesitates is lost
The longest trip starts with a single step
A penny saved is a penny earned
Better late than never
Forewarned is forearmed
Spare the rod and spoil the child
As one door closes, another often opens

Here's some final food for thought:

*Experience is the hardest teacher as
she gives the test first and the lesson afterwards...*