

## *Episode 28 – RTT Series – Twelve Empowering Beliefs*

This episode focuses on Beliefs as a powerful regulatory mechanism. Beliefs act as filters through which individuals perceive reality, and the host emphasizes the importance of consciously choosing beliefs. The key idea is that beliefs need not be evaluated based on their imagined truth, but on their usefulness and how well they serve an individual.

Empowering and healthy beliefs can be consciously cultivated through two main strategies: tasking your brain to find evidence supporting the new belief, and taking action as if the belief were already true.

Twelve Transformational Beliefs are presented:

1. *People are not their behaviors.*
2. *All behavior happens for a reason.*
3. *People are my most valuable resource.*
4. *Everything happens for a reason and somehow serves me.*
5. *There's no such thing as failure, only unintended results.*
6. *I can take responsibility for everything I impact.*
7. *I don't have to completely understand something to use it.*
8. *Work can be fun.*
9. *Commitment and hard work makes for a better product.*
10. *We're all works in progress.*
11. *Intentions matter.*
12. *We're all spiritual beings on a physical journey.*

Overall, the podcast encourages listeners to adopt empowering beliefs, actively seek evidence supporting them, and act in alignment with these beliefs for personal and professional growth.