

Title of Exercise: Issa Vibe (It's A Vibe): Expectations

Target: Open to any age group

Purpose and Background:

This exercise is meant to help you understand how your belief system influences your perception and ultimately your connections.

Objectives:

- Identify how your beliefs impact your perception
- Teach you how to shift or remove your filter

Resource: Level 27 Life Coaching & Advising

Facilitator: Katrina Williams (Coach K)

INTRODUCTION

We've all been guilty of generating preconceived notions about people. We have compartments in our brains that hold all of our memories. Every time we meet someone new we look for familiar identifiers, then we instantly pull from one of those compartments to conduct a quick analysis. This causes us to judge individual simply based off of their appearance and our past experiences. It is really hard to separate personal experiences from our thought process but it's necessary when we're attempting to make connections. We miss out on a number of connections because we either let our past shield us from making new connections or our vibes offend the individual in the process. We dismiss people simply because of what we "THINK" they'll be like and that's just not healthy. How many times have you made this mistake? How many times have you heard the statement, "Man you weren't anything like I thought you would be?" Probably a million times! What if I told you that every time you prejudge someone you could be throwing away a piece of you that you haven't discovered? People enter our lives for a reason or a season! They may not stay long but the mission is always to teach others life lessons!

Mission:

This week the goal is to become more in touch with our belief system. We are on a mission to learn how to remove or shift our filter so that we can don't continue to make this mistake. We have to get outside of ourselves so that we can make connections and start learn from each other.

ISSA VIBE (It's A Vibe): Expectations

The first thing we must do in order to help you remove your filter is to identify what is causing you to put it up in the first place. We must breakdown why these characteristics, pieces of clothing, mannerisms, etc. cause you to pause or feel inferior. Let's get to work!

Scenario #1:

Have you ever had plans to meet up with your girls, but at the last minute one of your girls lets you know that she's bringing a friend that you haven't met to your outing? The minute you read that text message and realized she was bringing a friend that you haven't met you started mentally accessing all of your memories. You went directly to that compartment label "Meeting a new friend" and started replaying all of those memories and formulating thoughts of how you think this meeting will go. The minute you open that compartment and start creating outcomes your vibes, attitude, and mood are instantly compromised. You've officially given your past experiences free reign to govern this situation. If you have a good track record with meeting new friends this meeting has the potential to be great but if your experience is bad the connection is questionable!

Good Experiences:

If your experiences were good you're going to start giving yourself optimistic affirmations and replay good memories. Then you'll start feeling great about this interaction. You'll be hopeful and your vibes will reflect that. When they arrive you'll be very inviting and warm! This gives you an opportunity to make a great connection.

Bad Experiences:

If your experience is bad you're going to start telling yourself, "Every time I meet one of her friends it doesn't go well!" Then you start believing the hype! Your body language will start displaying how you feel. Once they arrive you'll be standoffish, uninviting, and guarded. The connection will go left fast!

Scenario #2:

Have you ever been playing recreation sports a little too hard then messed around and injured yourself? The minute you hit the ground you instantly knew what was broken or hurt because you've experienced this particular injury before. Maybe this injury happened previously while you were playing your favorite sport in High School or College! Regardless of when it happened you remember all of the pain that was associated with the healing process. Once you realized you were injured you instantly accessed that mental compartment labeled "Sports injury" and started generating ideas of how much pain you would be in and how long it would take to recover from the injury. Based on your past experiences you either believe that you're going to make a comeback or you think it's the end of your athletic days.

Good Experience:

If your experience was a good one you'll start reminding yourself of how you recovered. You'll start encouraging yourself and immediately start your healing process. You'll have a great attitude about your recovery process and display an optimistic vibe.

Bad Experience:

If your experience was bad you're instantly going to start reminding yourself of all of the pain you experienced. Then you're going to immediately start doubting your ability to recover or slow down your process because you lack enthusiasm. The negative self-talk will soon follow!

Explanation:

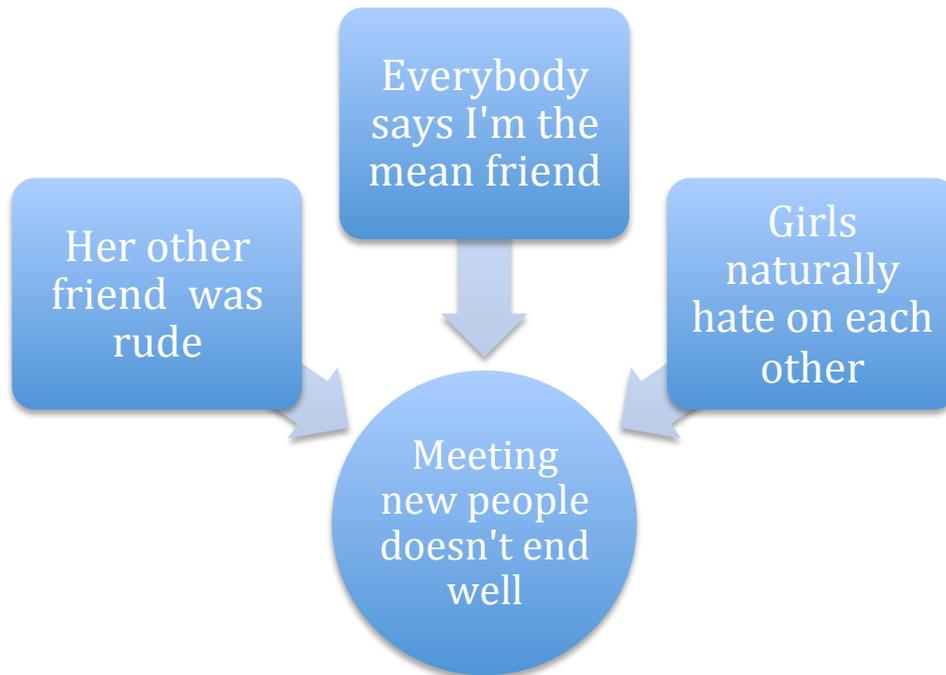
The question is why would you want to let your past experiences good or a bad dictate your future? Whatever you believe will manifest because you continuously speak it and think it. Those beliefs act as filters that impact your perspective! You utilize your memories as evidence to confirm your thoughts.

Exercise:

1. Write down all of the things that you believe in that moment.

Example: "Every time I meet someone new it doesn't end well."

2. Ask yourself why do you believe this? What evidence have you generated from your memory to make this statement true.



3. Instead of giving in to your generated thoughts (memories) challenge them. The moment you start questioning your thoughts you will break the hold they have over you.

Example:

Girls naturally hate on each other-

- Do you and your girls hate on each other?
- What causes girls to hate on each other?
- Are you a hater? Do you like other girls? Why?

Her other friend was rude-

- What did she do to make you feel she was rude?
- Were you looking things to point out or was she displaying rude behavior?
- What are the characteristics of being a rude person?

Questioning yourself will cause you to start seeing things clearly. You start realizing that you may have been projecting those characteristics. Or your vibe could've caused them to act that way toward you. The more you challenge your thoughts the more information you can discover that'll help you change your beliefs.

4. Write down each belief then breakdown the evidence you've generated. Once you've completed it write down three questions to challenge your evidence.

Evidence 1:

Record 3 questions that you can ask yourself to challenge this belief

- 1.
- 2.
- 3.

Evidence 2:

Record 3 questions that you can ask yourself to challenge this belief

- 1.
- 2.
- 3.

Explanation:

Humans love familiarity because it limits the chances for us to experience pain. We rely heavily on our past experiences to remind us of what we felt so that we can get permission to move forward or fallback. Lets face it we don't want to experience anything negative. Such as: Rejection, pain, hurt, or disappointment so we shield ourselves. That's not healthy! Pain is apart of life just like joy! We have to break ourselves from this habit. Shutting down and staying in our shell is causing us to miss out on some many great connections. We aren't experiencing life because we are to busy avoiding the LIFE! So how do we remove or shift our filters?

Ask yourself these questions:

- What is my limiting belief stopping me from doing?
- Is my limiting belief doing more harm than good?
- If I had a new belief or could change a limiting belief would this help me move forward? Would I be happier?
- Would I feel I have more choices?

Put all of your generated evidence into a chart and shift your filter. Instead of being negative force yourself to see the light in the situation. Reword your thoughts....

Example:

Generated Evidence (Filter)	New Perspective
Meeting new people never goes well.	Meeting new people is an opportunity to make a great friend and a connection.

Practice shifting your filter: Add your generated evidence then add a new statement that viewed from a positive perspective. Practice removing your filters and/or shifting your filter below:

Generated Evidence (Filter)	New Perspective

Look for evidence to support your new perspective. Once you find your evidence hold on to it and work to see things through a positive filter or remove your filter. Everything you believe impacts your actions. It's important that you stay positive so that you can manifest positivity. Don't allow you past to dictate your future. You are so much better than your past. Everyone that entered your life is there for a reason or a season. They're here to teach you a life lesson so take it for what it is. Joy & pain are both apart of life so face them head on. Believe that you will always find a way to land on your feet. You're a resilient individual but you have to believe that.