

Techniques To Empower Yourself

How our mind works.

The Success Formula- Tefcas.

Why do we need to empower ourselves?

How do you re-programme your mind?

Mind Mapping.

Goals and Targets.

Affirmations.

Modelling Excellence.

Personal Goal Setting.

Visualisation Techniques.

For Exams.

Techniques To Empower Yourself

Empower: To give oneself power; to allow; to permit.

Why do we need to empower ourselves?

We all want to feel good about ourselves and have a sense of well-being.

Well-being has at least five essential ingredients'

- Fulfillment in your studies and work.
- Good relationships with people in your life.
- Personal growth.
- Rest.
- Recreation.

To feel empowered and have a sense of well-being you need to learn how to run your mind for the best outcomes.

Once you learn how to do this you will communicate much better with yourself and with others. Both of these are important to feeling good about yourself.

By taking responsibility for running your brain well and communicating as best you can with yourself and other people you will in a very real way be creating the reality in which you live.

Once you realise that how you think and therefore how you behave can effect your life greatly, you will be able to change your life for the better now and in the future.

Techniques To Empower Yourself

Objective: To discuss and experience techniques to empower yourself.

How our mind works

From the moment we are born we begin to have experiences of life. Whatever age you are in your life, you are in effect the sum total of these experiences. Most people will have a mixture of experiences: some good, some not so good and some bad or difficult. They will also have memories of how they felt and thought about those experiences. They will also develop beliefs about all sorts of things. All of this information is stored away in what we call the subconscious mind.

The mind is the result of several sub-systems.

- *The senses.
- *Memories.
- *The brain and nervous system.
- *The organs of the body.

The animal brain has two main functions:

- ***Survival**
- ***Growth**

This part of the brain acts instinctively and controls the fight or flight mechanism.

Our “Self Idea” lives in our subconscious mind and is made up of likes and dislikes, fears and hates, memories and beliefs.

Unfortunately, as the subconscious remembers everything, it remembers when we fail at something, or when we are treated badly, or when things just don’t go right. This can lead to people having lots of negative thoughts and feelings about themselves and situations.

Self doubt and fear of failure are two of the biggest self defeating attitudes that hold people back from achieving success.

In effect they can trap you into a self-limiting belief system.

People begin to say things like:

***I'm a loser.**

***I will never succeed.**

***I didn't want to do it anyway.**

***I can't do it.**

This negative thinking also leads to negative stress which is the cause of 80% of disease.

The Success Formula – Tefcas

Learning must allow for failure. Once you can accept that you will not always get things right and improve all the time then you can allow yourself to learn naturally.

Tefcas can be considered your brain's application and adaptation of the Scientific Method. This is the basis for all the great discoveries in science and very similar to normal child's play.

***Trial.**

***Event.**

***Feedback.**

***Check.**

***Adjust.**

***Success.**