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Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #139

Solo - Cognitive Conversion

We all have limiting beliefs. Some of them we're aware of. Others are hidden below our subconscious. In this episode, I share how you can reveal your limiting beliefs and experience a Cognitive Conversion so that you can break out of the rut and get into your groove!

Quotes

"I knew logically that I could win the State Championship. But emotionally, I didn't believe it. The Cognitive Conversion is connecting the logic to the emotion."

"Your mindset dictates how you interact with the world and the results that you get."

"You don't want to surround yourself with people who have the same limiting belief as you. You want to spend time with people who have broken those limiting beliefs."

About Not Limiting our Beliefs

"The idea of having a Cognitive Conversion is freeing ourselves from that limiting beliefs, because there are lesser people than you that have achieved what you want to achieve. Less skills, less talent, less drive, fewer connections, less money, less education etc. So why not you?"

About Thinking More Positively about Ourselves

"We can prove that performance can be influenced by what others think. So how much could it be affected by what you think or what you think of yourself? What you think is all based on your experience. You have these experiences as you go through life as a child and as an adult. All those experiences and the results shape you. And what people tell you shape you. The media around you shape you. The coaching you have in your life, or lack thereof. The journaling that you do, the prayer that you do, the study that you do, the books that you read, these all shape you. So if you want to have a Cognitive Conversion, you need to change your thinking. And

this is mostly around your environment of excellence, which is MAPS; Media, Area, People and Speech."

About Tactics for Cognitive Conversion

- 1) **The Environment of Excellence** – Media, Area, People and Speech (MAPS)
- 2) **Journaling** – taking the voice inside your head and bringing it above the surface so you can evaluate it.
- 3) **Getting a coach** – Get somebody to talk to you, who's willing to listen, to ask you the hard questions, to invest deeply into your thoughts, your life and the things that you want.
- 4) **Cognitive Restructuring** – identifying the limiting belief and asking yourself or journaling about this or having a coach ask you what is some objective proof that the limiting belief is true?