DEFINING MOMENT EXERCISE

**What is a Defining Moment?**

*‘The Root of Your Important Beliefs’.*

A defining moment is the root cause of a set of important, lifelong

beliefs that you hold about yourself and the world you live in.

These empowering or disempowering beliefs impact your results every day whether you area aware of it or not.

*‘A Specific Event’.*

A defining moment is a specific, important event that happened in your past, usually in your childhood. Most adults have five to eight defining moments that easily come up, but there is no limit. For me I came up with 13 things that defined who I was today. The only thing that makes the event 'important' is that it feels important to you. What other people think about its significance is not important.

‘Changeable’.

You can't change what happened in the past, but you can change your perception of it and the meaning you have attached to it. When we change the meaning, we change the belief completely.

**DEFINING MOMENT EXERCISE**

**Step 1. Identify Your Defining Moments**

List 5-8 (or more if you have them) defining moments from your childhood. You will know them by focusing on events that:

* You can distinctly recall the moment. You see it clearly or you can easily tell a story about it.
* You know in your head or your heart, it is/was important.
* Create a high emotional reaction in you when you remember them. This may surprise you that it still affects you emotionally.

Below are 8 time capsules, (you can create more): Your private space to recall.

List each defining moment giving each one a name:

**Step 2. Reframe your recollections**

Briefly describe your biggest defining moment.

What is the story?

How old where you?

Who was there and what was said?

What did you tell yourself then?

What beliefs have you brought forward with you from that event?

Which of those are empowering and which are disempowering?

How do those beliefs serve, support and nurture you to live in a place of peace and purpose?

What would you have wanted to happen differently?

What belief(s) do you want to hold on to?

What beliefs do you want to change and what specifically do you want to change them to?

What will you be giving up if you don't change those beliefs?

What will you be giving up if you do change them?

What can you do to reinforce your revised beliefs on a daily basis?

**Congratulations, you have just created the belief that you want for your life!**

**Now go ahead and do that for each of these beliefs**

**Happy Believing ☺**