

EFFORT : 7. INNER STORYTELLING

*"WE TEND TO BELIEVE WHAT WE
HEAR OURSELVES SAY, AND THE
WAY WE DESCRIBE OURSELVES
INFLUENCES OUR VIEW OF OUR
IDENTITY."*

GRETCHIN RUBIN

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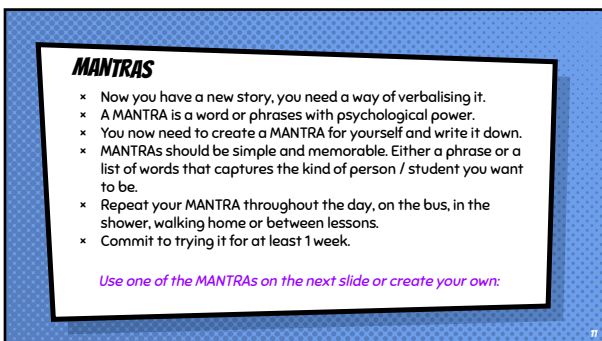
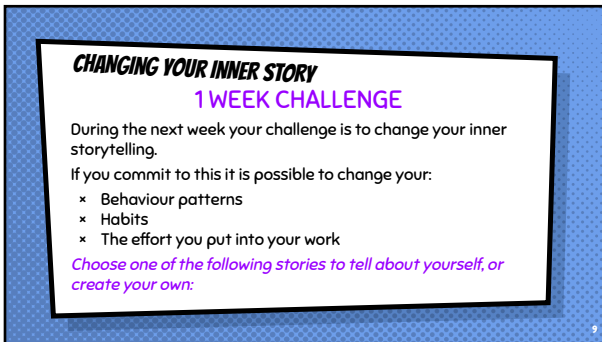
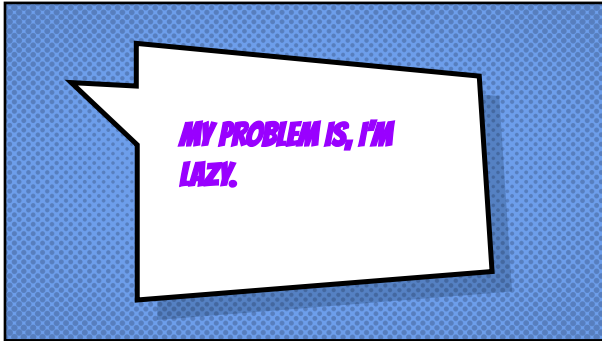
BIG IDEA

- × Human beings want to be sure of everything.
- × We tend to believe that our opinions are very well-informed and valid, even though we often don't know why we think the way we do!
- × It's not uncommon for these characteristics to outweigh reason itself.
- × This is why they say we only hear what we want to hear – often referred to as selective attention. We only focusing on certain aspects of a situation, leaving others aside, especially when it comes to opinions and beliefs.
- × It might seem logical to act that way because paying attention to everything around us is quite impossible. However, this can turn into a cognitive bias that stops us from perceiving reality adequately.
- × Which of the following stories have you told yourself? (*Probably despite a lack of evidence???*)

***I'M JUST NOT A GOOD
STUDENT.***

I'M NOT VERY CLEVER.

***OTHER PEOPLE ARE JUST
MORE TALENTED THAN
ME.***



FINAL THOUGHTS

- × Simple, memorable mantras are best.
- × Try creating your own phrase – or even a list of words – that captures the kind of person you want to be.
- × Use our examples or create your own.