



LESSON 1.2

What are limiting beliefs and where do they come from?

Module 1: Rewriting My Story

LESSON ESSENTIAL QUESTIONS

1. Students will learn how limiting beliefs can be detrimental to one's overall success in any area of their lives.
2. Students will identify what their limiting beliefs are and apply the three mindset components to change their perspectives.

TIME FRAME

One 40-minute period. (Lesson two of four in this module)

MATERIALS

- General: Speakers, LCD projector, laptop
- Limiting vs Empowering Beliefs Handout (one per student)
- One big whiteboard or poster per group of 4-5 students, markers, and erasers.

1

DO NOW

⌚ 3 MIN

DO NOW Complete quietly in your binder notes **3:40**

*"The only limits you have are the limits you believe."
- Dr. Wayne Dyer*

1. What do you think this quote means? *"This quote means ____"*
2. Discuss an experience in your life that supports this quote. *"One experience was when ____. This supports the quote because ____"*

Possible student responses:

#1. This means that we limit ourselves through our thinking, self-talk, and beliefs that go unchecked. We sabotage ourselves or think we can't do something when we really can.

Conversely, this means that if you believe you have no limits, you really don't because you will keep trying to find a way to expand those limits and succeed.

#2. Answers will vary but push students to also think of positive versions of this quote where they broke through self-imposed limits.

2

ENGAGE

⌚ 8 MIN

Engage

Destructive limiting beliefs video (2min)

1. What limiting beliefs were set on the flea and elephants?
2. Do you think you have limiting beliefs? If so, what beliefs?

Individual write (1min)
Discuss with partner (1min)
Be ready for hot call (2min)

Possible student answers:

#1. Flea: limiting beliefs were that they couldn't jump higher than the lid height, even though the lid was off and they still could. Elephant: limiting belief that the chain and stake were always holding them back and they couldn't break free from it.

#2. Answers may vary.

Follow up questions:

Where might limiting beliefs come from and why are they hard to break free from?

3

WHAT ARE LIMITING BELIEFS?

⌚ 1 MIN

Lesson 2: What are limiting beliefs and where do they come from?
Module 1: How can I rewrite my story to empower me?

Teacher Best Practice

"How will answering this question benefit your life? Discuss with your partner for 30 seconds."



FOLLOW UP

 8 MIN

1. What's the difference between limiting and empowering beliefs?
2. Where do you think limiting beliefs come from?
3. Do you think we change our limiting beliefs? If so, how? If not, why not?
4. Circle any limiting beliefs you might have. (*You don't have to share these with anyone*)

#1. Limiting beliefs are beliefs that hurt us, prevent us from reaching our goals, impact our performance, are negative, etc. They are destructive because we might not be aware of them.

#3. Answers may vary: yes, because maybe we can.

 8 MIN

6:00

- Each partner will **share their response** for a specific question. As others share, compare/contrast your response. *"My response was similar/different in that ..."*
- After each question, **arrive to consensus** on a combined response. Use the following conversation guides. *"I think we're all saying... We can combine what you said... What if we add..."*
- Write your team response **on your whiteboard**.



Arrive to a consensus whiteboard response for each question.
(2min/question)

 8 MIN

Limiting beliefs
Video (3min)

Enjoy the video.

After the video,
discuss with your
team: (2min)

1. Were we right about limiting beliefs?
2. What new things did we learn?

Hot call (2min)



1. Were we right about limiting beliefs?
2. What new things did we learn?

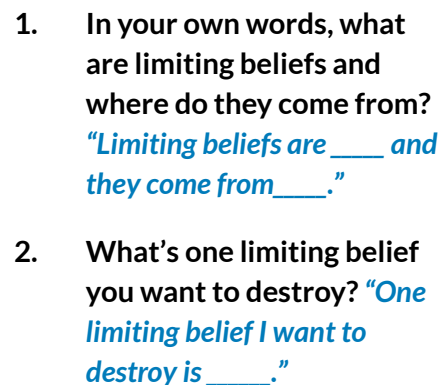
Hot call! (2min)



NOTES

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FOLLOW UP

[illegible] 2 MIN

STOP HERE

