

Tearing Off Your Label

4

Four steps to tearing off your label:

1. Identify: How is your label working for you?

- What labels do you have that are getting in the way of your opportunities?

2. Do something different.

- What behavior needs to change?
- What do you need to stop doing? (not working for you)
- What do you need to start doing? (something new)
- Remember: Same thing = Same results

3. Focus on your strengths.

- Project the label that you want.

4. Repeat what you are doing right.

- Remember: It takes time for others to see the change.

Every night, ask yourself:

- What did I do today to tear off the label?
- How can I do more of this tomorrow?

3

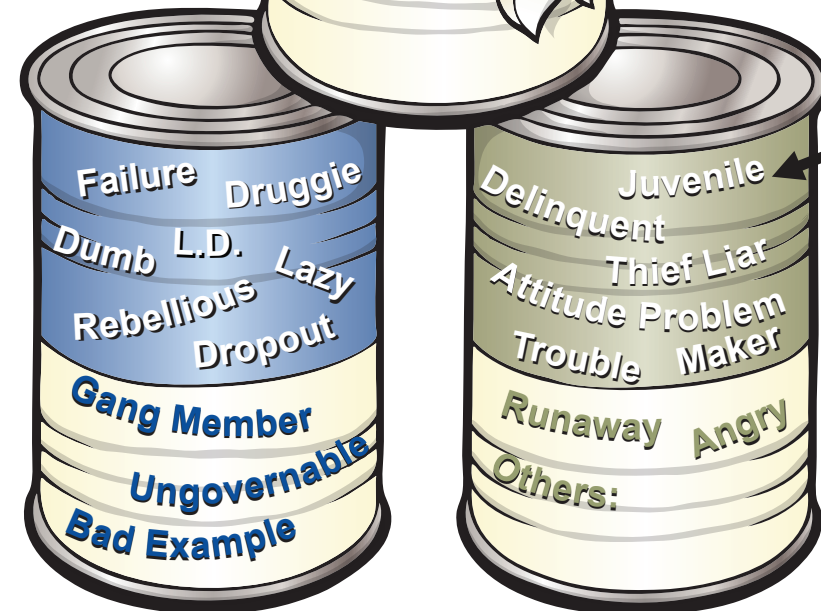
“The Real Me”

Permission to brag:

- What do you like about yourself?
- What do others like about you?
- Your accomplishments
- Your strengths, goals, and dreams
- If you were to give yourself a label, what would it be? (Must be positive)

1

What is a label?



2

Why is it easy to give up when you have a label?
Are these ever an excuse?