



How to Overcome Limiting Beliefs and Reprogram Your Mind for Success

Oh damn, not again. Not now I thought to myself. It was another terrible time for this to occur. But I couldn't control it.

It was first leadership role in a corporate setting, and we had just begun our budget meeting and goal setting for the upcoming year when, out of my control, it began. The same symptoms: eyes glazing over, mind starting to fade away to other thoughts. I could still see and hear our CFO presenting important numbers for the upcoming year, but it was as if he was on a moving sidewalk getting further and further away, not in the main boardroom with other C-level executives from across the country. His voice was fading just like my focus, and I began to drift. Why? Because of the double whammy Mother Nature provided me with my undiagnosed Attention-Deficit/Hyperactivity Disorder (ADHD) combined with strong moments of that obsessive-compulsive disorder (OCD) I've dealt with all my life.

In this article I will share with you a three step method for extraordinary personal growth through whatever mess you're cleaning up, mission you're on or personal growth you're striving to achieve.

It took years for me to figure out what my parents, teachers, and others couldn't, or weren't willing to admit to. I was frustrated for years, wondering why I couldn't be as seemingly smart, have as good a memory, or be as focused as others around me. The number of times my undiagnosed, now adult ADHD kicks in and has me drifting and looking as if I'm not attentive or engaged in very important conversations (can you say 'squirrel!') was numerous. On the flipside, my OCD and analytical brain will kick in and have me hyper-focused on something, sometimes on the wrong issues, and even reevaluating the past to my detriment, especially in relationships.

For years I felt cursed. It's probably why I shifted to focusing on sports. Being fairly athletic, I could control the outcomes more with my physical abilities, which I had full control over, than with my mind only. Then, an AHA! moment. What if, just what if, I could lessen the negative aspects and make use of the positives? How? Change. I would have to retrain my brain through changing how it's wired. No small feat, but I like a challenge. And to be honest, if I wanted to live the life I wanted, with the people I wanted, to achieve the things I wanted, I needed to reinvent myself through change to obtain this growth.

In later years, I chose to go on a journey, and expedition if you will, to figure this out and make the changes necessary to no longer be held back by the uncontrollable detrimental aspects of this. Little did I know then that this journey would not have an end, somewhat like chasing the horizon, it would be a lifelong adventure. I was determined however, to turn these perceived negatives, it into a decided advantage, somehow. Not knowing how you're going to accomplish something should not prevent you from going after it. So, I began to read, learn, and realize that if channeled in the right direction, it could be a gift. Who knew? What I have learned throughout the years is that it's possible to change and even harness what we think are negatives in our life and turn them, or at least some part of them, into positives. In doing so, we learn that the only way that anyone or anything grows is through recognizing, analyzing, and changing. Some are small tweaks and changes; others are full reinventions. Whichever the case, there is one skill we must hone if we are to be successful in any of these endeavours, the skill of adaptation.

ADAPTABILITY

Dr. Shimi Kang, an award-winning, Harvard-educated psychiatrist, scientist, bestselling author, and speaker, specializes in neuroscience and mental wellness, with over 20 years of experience in the field. Dr. Kang emphasizes the importance of adaptability as a crucial skill for navigating life's challenges. She describes adaptability as the ability to adjust to changing circumstances and new conditions, which is essential for managing stress and thriving in an ever-changing world. Dr. Kang highlights that adaptability is rooted in neuroplasticity, the brain's ability to reorganize itself by forming new neural connections throughout life. This capacity allows us to learn, grow, and adjust to new situations, regardless of age or circumstances. She believes that adaptability not only helps us survive but also enhances our quality of life by enabling us to remain calm and focused, find fulfilling careers, raise resilient children, and innovate in the face of challenges.

In the journey of life, reinvention is not just a concept but a pivotal action that propels us towards the zenith of our potential. I went on to author the bestselling book "Reinvent Yourself" to help others with what I'd learned. This book is a testament to this transformative power. This book is a testament to transformative power, a guide that has inspired me and many others to embrace change courageously. My sharing with you is echoing the essence of my philosophy, is a narrative of metamorphosis, a tale of an individual who dared to step into the ring of life, not just as an amateur fighter but as a warrior against the formidable adversary of cancer.

The metamorphosis began with a vision, a desire to become the best version of myself. It's a path less traveled, where the first step is often the hardest—harnessing the energy of fear. Fear, an emotion that typically signals retreat, was instead transformed into a catalyst for action. My journey teaches that fear should not be a barrier but a source of energy that propels us forward. It's about channeling the adrenaline (OCD), the rapid heartbeat, into a rhythm of perseverance.

GRIT

Overcoming barriers—or rather, challenges—is the second stride in this journey. It requires GRIT: the fusion of passion and persistence. My transformation into an amateur fighter while raising funds and awareness for cancer research exemplifies this. I needed to deal with my perceived negatives of ADHD and OCD. It wasn't just about physical training; it was a mental transformative marathon. Every punch thrown in the ring mirrored a punch through the barriers of doubt and hesitation. It's a powerful reminder that our biggest opponent isn't always in front of us; sometimes, it's the internal voice that we must silence.

The third key to achieving one's goals lies in mental toughness and visualization. My narrative is rich with moments of envisioning success, of mentally rehearsing the triumphs to come. This practice is not mere daydreaming; it's an exercise in building the mental fortitude required to face life's battles. It's about seeing the finish line even when you're at the starting block, feeling the championship belt even before stepping into the ring. That's good use of my OCD.

COURAGE

The greatest risk to achieving your goals isn't your competition. It's the distractions and barriers you insist on keeping in your life. It's a call to action, to eliminate the noise that drowns out our focus. And as Cecil Beaton once said, "Be daring, be different, be impractical, be anything that will assert integrity of purpose and imaginative vision against the play-it-safers, the creatures of commonplace, the slaves of the ordinary." Thus, the essence of my message: to be remarkable is a choice available to all, especially when the world has made it so easy to be extraordinary. Do not allow anyone, especially yourself, talk you out of it.

In looking to propel you forward with confidence, the journey of growth through change and reinvention is not for the faint-hearted. It demands courage, resilience, and an unwavering commitment to growth. How dare you settle for less than extraordinary when the world has made it so easy for you to be remarkable? Let this be the mantra that guides you through your own journey, as we strive to become the best versions of ourselves, one courageous change at a time. RD