# Belief-Results Cycle

How Does it Work?

There is no right answer to how to break a negative belief feedback loop, but the first step is to identify the belief that is holding you back in the first place. The most effective way of breaking the loop in my own opinion is either consciously altering your thoughts or being mindful of and changing your actions - mostly because these two are directly in your control when you're being mindful enough and are thus the easiest to alter. Also note that this cycle can also reinforce positive beliefs and actions once you break the negativity loop!

01
Belief

02
Thought

03
Behavior

04
Action

05
Results
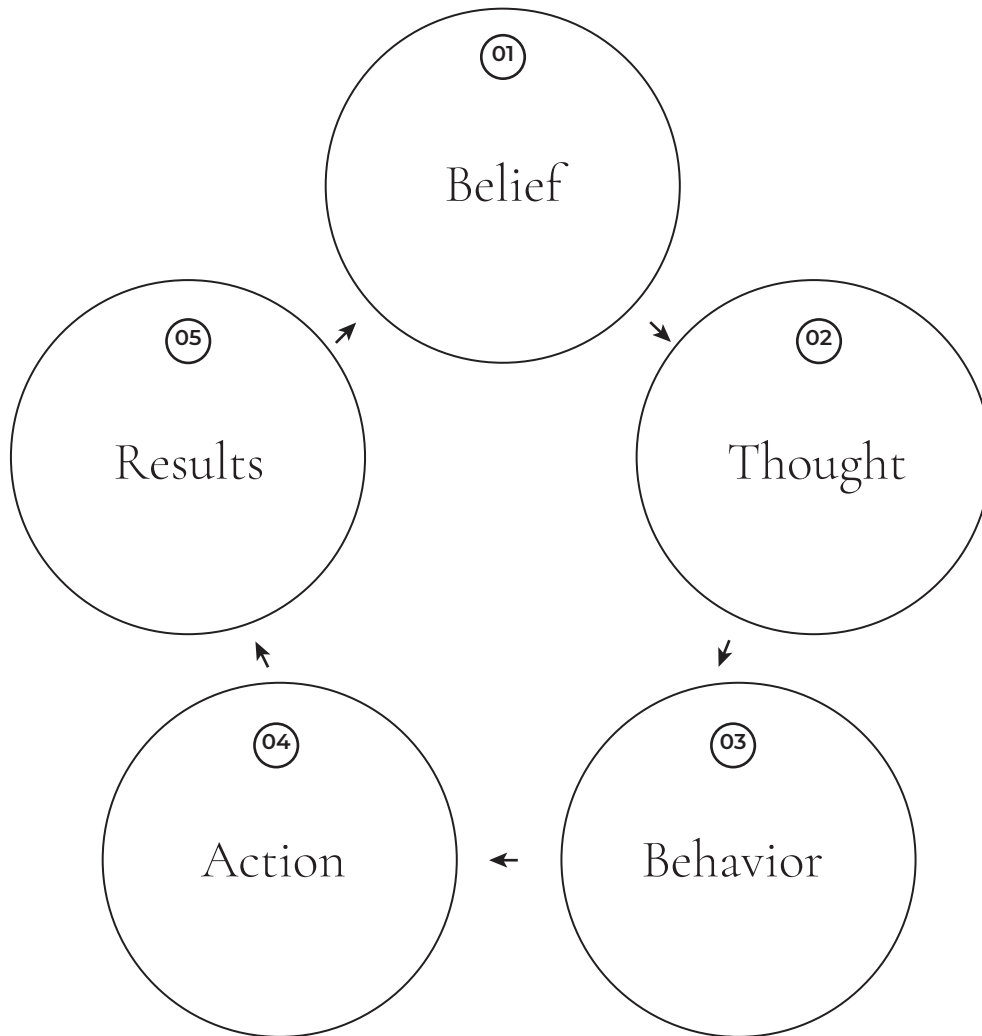
What steps will I take to break the negative feedback loop and start reinforcing positive beliefs, actions and results?

ELEVATE
PEOPLE PARTNERS

Reframing Beliefs

How Does it Work?   In this section you'll try to identify other beliefs that are holding you back and how you can reframe them to be more productive. For example you may have been taught when you were little that "money does not grow on trees". While it's true in a sense, a more productive way of thinking would be that "I will be rewarded for the value I provide for others - the more I give, the more I will receive"

A Belief that is holding me back: ➜   A new more productive belief:

A Belief that is holding me back: ➜   A new more productive belief:

A Belief that is holding me back: ➜   A new more productive belief:

A Belief that is holding me back: ➜   A new more productive belief:

A Belief that is holding me back: ➜   A new more productive belief: