### Life Science Academy

Module 5 – Mindset and Self Belief



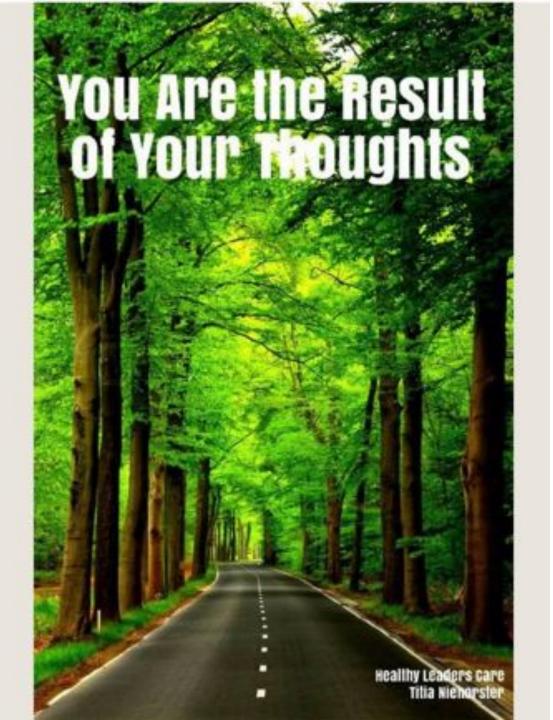
Your most valuable asset

### Mindset & Self Belief

### Determine your level of success (or otherwise) in life

### Create your own narrative

### We need to learn how to get out of our own way



"Few people in their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used."

-Admiral Richard Byrd

## We are captives of the constraints imposed by the rubber bands that restrict our minds

# Snap the elastic bands on a regular basis and expand your mind

#### Excellence

10%

Mediocrity

90%

### By Breaking the Four-Minute Mile, Roger Bannister Showed Limits Only Exist in Our Minds



"We want only the facts that justify our acts - the facts that fit in conveniently with our wishful thinking and justify our preconceived prejudices!"

**Thomas Edison** 

"About one third of my patients are suffering from no clinically definable neurosis, but from the senselessness and emptiness of their lives." To put it another way, they are trying to thumb a ride through life – and the parade passes them by. So they rush to a psychiatrist with their petty, senseless, useless lives. Having missed the boat, they stand on the wharf, blaming everyone except themselves and demanding that the world cater to their self-centered desires."



### The Battle

Nobody plans to have cancer, the result can only go one of the two ways, one thing I will say it has been some kind of a journey, tough at times and very challenging every day, but as long as you don't give up and get back up and have a red hot go that's the main thing. As I said last year when you have cancer you are involved in two constant battles one with the horrible disease and the other with yourself.

### I also still think that in any battle your mind is your best weapon, you won't win every battle.

I know I've lost a few of the stoushes along the way but I don't think you can ever fail if you try your best, you just succeed in finding ways that don't work.

I wrote a list of things I wanted to do, see and achieve not ever thinking it could be all over in a few months time and now many years later looking back some I've done others I haven't and I've also added a whole heap more to my list



Recently, when asked what he noticed most, as a wicketkeeper, standing up very close, what were his observations about cricket batting icons, Sachin Tendulkar and Brian Lara, almost instantaneously his response was 'complete self belief'!!

- Adam Gilchrist

"Whatever the mind can conceive and believe it can achieve."

-Napoleon Hill

Resilience – from the Latin word 'resilire' meaning to bounce back.

"It's not what happens to you in life that matters most... What matters most is your attitude to these events and the stories you then tell others. Having Humor, Hope and Humanity help too. That's resilience. Leadership requires silence on a daily basis and especially in a crisis."

"Your beliefs become your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny."

-Mahatma Gandhi

Dream big.
Start small.
But most of all start.







#### Homework

- On a scale of 1 to 10 how do you rate your level of self belief in regard to your career?
- 2) Identify 3 things that you are highly skilled at.
- 3) Identify 3 things you need to improve on.