



MICHAEL RODD

Michael Rodd PEAK Performance Life Strategist

CORE BELIEFS

Self-Empowerment Comes Via Responsibility

The first requirement of all personal change is to assume full responsibility for everything that is in your life. This does not mean that the events of your life were necessarily your fault. It does mean that you are response-able. You are able to respond to them in a way that empowers you rather than in a way that disempowers you.

Human Potential Is Nearly Limitless

The only limits to your potential are the limits you place on the size of your life's vision and your belief in your ability to bring that vision to life.

You Don't Do What You Can In Life; You Do What You Think You Are

Your identity drives all of your behaviour and attitudes. You will act in ways that remain consistent with who you currently think you are. A shift in your identity will cause a corresponding shift in your behaviours.

Your Goals And Your View Of Your Future Shape Your Identity

Your future-self, not some set of predetermined traits shapes your identity.



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Motion Creates Emotion

You are more likely to act yourself into feeling than feeling yourself into taking action.

You Choose Your Purpose And Your Passion!

Your purpose and your passion in life are not innate things that you need to "find." You choose them, they are effects not causes!

Life Is Always Working For You And Not Just To You

Every experience in life whether great or small, positive or "negative" is working for you. People continue to have experiences without using the take-away from those experiences. Your most difficult times will provide some of your greatest insights if you look for them!

The Map Is Not The Territory

Your individual way of seeing the world is unique to you. Your worldview is shaped by your beliefs, values, experiences and a host of other filters. How you see the world is not how it is but rather how you are!

Your Decisions Shape Your Destiny

The most fundamental aspect of your humanity is your ability to make choices. Choosing means making decisions about what you want to happen and choosing how you respond to what does happen.



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"Failure" Is Feedback

You will only ever fail if you give up. There is hardly ever a linear path to success. If you use your "failures" as feedback to correct your course by eliminating alternatives, you will find your way.

Commitment Is A Statement Of What Is

Your level of commitment in any area of your life can be directly assessed by the results that you are producing in that area.

You Don't Lack Resources, You Lack Resourcefulness

Whenever people "fail" they blame a lack of resources. They never had the money, the connections, the information, the support etc. It is never a lack of resources but a lack in resourcefulness. Emotion is the ultimate resource, if you can create the right emotion, you can get yourself to do anything!

Do you have a set of guiding core beliefs in your life? It is essential that you do! If you don't stand for something, you are likely to fall for anything?

Have you checked out the other free resources at michaelrodd.com all designed to help you to radically shift the quality of your life in all areas.

Please connect with me on [Facebook](#), [Instagram](#), [Youtube](#) and [LinkedIn](#) so we can continue our journey of growth and impact together!