Twitter Thread by Kris Amliwala



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Beliefs affect behaviour

Bad behaviour can have detrimental consequences with wealth building

Being aware of your own innocent beliefs is powerful, but only if you apply this knowledge

A thread inspired by @GeorgeDKinder and the @KinderInstitute

1. My self worth is based on what others think of me

Some people define themselves based upon how they guess others see them

When they are convinced that others think poorly of them, such people lack the self-confidence necessary to consistently take action

2. My past = My future

If some people experience a series of setbacks they assume their goals are not achievable

Over time they become dispirited & discouraged, then they avoid situations where failure is a risk

As any significant effort entails risk, such people are then unable to make significant achievements

3. My destiny is controlled by the supernatural

The belief that status in life or even potential as a human is determined by luck, fate, or divine intervention, can rob such people of initiative, making them passive as they wait for "luck" to change

4. My emotions accurately reflect objective reality

Some people believe emotions are caused by external events

In truth, emotions are determined by perceptions of events combined with preconceptions of what those events mean

Such people find it difficult/impossible to "get out of their own heads" & see situations from different perspectives

5. My goal is to be perfect / do something perfectly

As perfection is unattainable, people who seek it are simply setting themselves up for disappointment

Perfectionists blame the world (& everything in it) rather than doing what's necessary to accomplish the extraordinary

"Successful perfectionist" = oxymoron

6. My ability is to ultimately know why I exist

Without a sense of purpose, it's hard to be inspired

Some people believe that it will be possible to know answers to all the big existential questions

It is clear that human beings are not designed to know or comprehend everything

When we do not know things we choose to believe them. Mixing up knowledge and believing is very common

7. My beliefs are superior to others

Beliefs make it possible for us to survive in a hostile world in which we do not have answers to all that is happening

We cling onto them to make sure that we have the best chances, but sometimes our beliefs stand in the way of leading healthy & happy lives

Experimenting with new behaviour is one way of starting to let go

For more on innocent beliefs that rule the world, I highly recommend the book by @GeorgeDKinder The Seven Stages of Money Maturity: Understanding the Spirit and Value of Money in Your Life

Accessible: https://t.co/0JPXuDxjv0

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