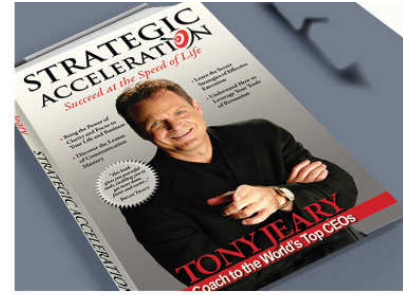


# STRATEGIC ACCELERATION

*Succeed at the Speed of Life*



## **Exercise 2: Understand Your Influences**

You make all decisions based on your personal Belief Window, which frames all of your views of people, places, and things, and which influences the action you take regarding those same people, places, and things. Some of these beliefs may be erroneous, and Strategic Acceleration is the process to help you understand why you accept or reject ideas and people, and eliminate false beliefs.

### ***Belief Window***

1. First, consider this: How would an erroneous framing of an event, an idea, or a person impact your results?
2. Secondly, document your beliefs (what you believe to be true, false, correct, incorrect, appropriate, inappropriate, possible, and impossible) using the following template:



### Belief Window

<b>1. Self</b>	
<b>2. Work</b>	
<b>3. Family</b>	
<b>4. Love</b>	
<b>5. Enemies</b>	
<b>6. Friends</b>	
<b>7. Spirituality</b>	
<b>8. Recreation</b>	
<b>9. Politics</b>	
<b>10. Money</b>	



**Belief Window: Example**

<b>1. Self</b>	<i>I am a strong professional with a good work ethic and integrity. I am also a devoted parent and spouse who makes time for his family.</i>
<b>2. Work</b>	<i>My work is very important to me, but not so important that I would sacrifice integrity or family time pursuing my career.</i>
<b>3. Family</b>	<i>Family is the most important aspect of my life, and everything I do reflects on my drive to support and nurture them.</i>
<b>4. Love</b>	<i>My relationship with my spouse takes work, and I am committed to improving our communication and daily interaction.</i>
<b>5. Enemies</b>	<i>Inevitably, people will dislike me, but I will try to be a good and ethical person who does not burn bridges.</i>
<b>6. Friends</b>	<i>I am not a highly social person; my time and effort goes first to family and second to my career.</i>
<b>7. Spirituality</b>	<i>Pleasing and serving God is the pinnacle of my motivators.</i>
<b>8. Recreation</b>	<i>Time must be set aside to spend time in pleasurable ways, but not at the expense of career, and preferably not in overly selfish methods.</i>
<b>9. Politics</b>	<i>I am up to date on current politics and what shapes my community, and I work to elect individuals who uphold my priorities.</i>
<b>10. Money</b>	<i>Money can be trouble, and it can be a blessing. I work to enable myself and my family to have enough money to satisfy our needs and wants; however, it is not my overall motivator.</i>