

*MaxTips!*

# Productive to the Max

**P**roductivity

**P**erformance

**P**rofitability

## ***Do your Beliefs Affect your Productivity?***

I hope everyone is enjoying the long, hot summer (it is indeed that in Ottawa, Ontario Canada). Summer-when the "livin' is easy", is a great time to slow down, relax and recoup some energy for the fall and winter ahead. It also provides an opportunity to rethink present situations, your relationships and your lifetime goals.

The process starts with a conscious analysis of who you are, what you want and what you believe. You create thoughts based on your beliefs that certain things are true. Your life then unfolds with complementary experiences. If you believe certain opportunities have negative components, then your life will unfold as such. On the other hand, when you feel positive forces at play then your beliefs allow you to achieve your potential.

Take some time to plan what you should and could be doing with your life, then analyze the beliefs that are preventing you from doing so.

...I am not smart enough to get a promotion  
...I always have bad luck  
...No one wants to be my friend

Many of our beliefs come from past perceptions, and they are just that...past perceptions. You have changed and matured and your world hopefully has evolved. Think positively and in the present. Move forward with affirmative reframing of these beliefs. Set goals to change them a bit at a time. Read books, get help and share your thoughts with close friends.

Our beliefs have a direct relationship to our productivity. We know that we should not be delaying or deferring important projects, tasks or opportunities. We feel inadequate and unequal to the demands that are placed on us. By going back to those convictions that certain things are true when they really are not, you can take steps to change your focus and be successful.

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Tel. 613.594.4533 | Fax 613.594.8339 | [info@productivetothemax.com](mailto:info@productivetothemax.com) | [www.productivetothemax.com](http://www.productivetothemax.com)  
513 Westminster Avenue | Ottawa, Ontario | K2A 2T9 | Canada