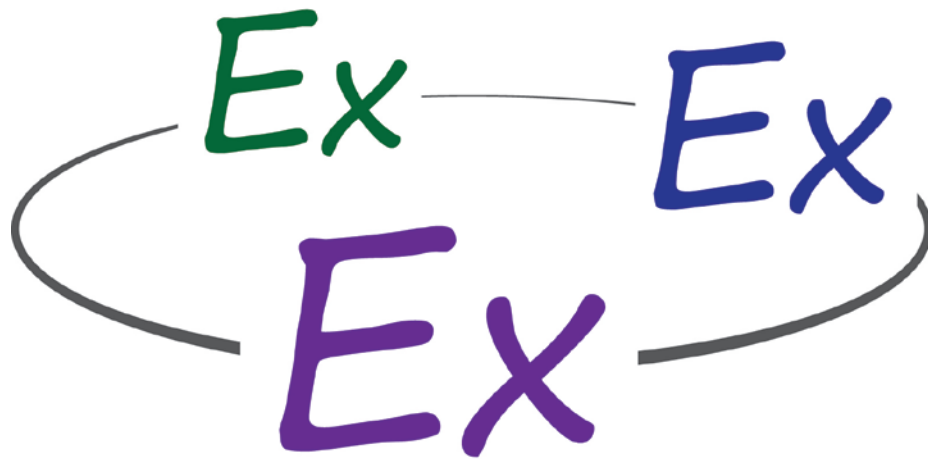




# When Beliefs Meet Reality

*Strategies for Raising  
College-Ready Expectations  
for Students and Communities!*





- Stated your **positive self-coaching** script

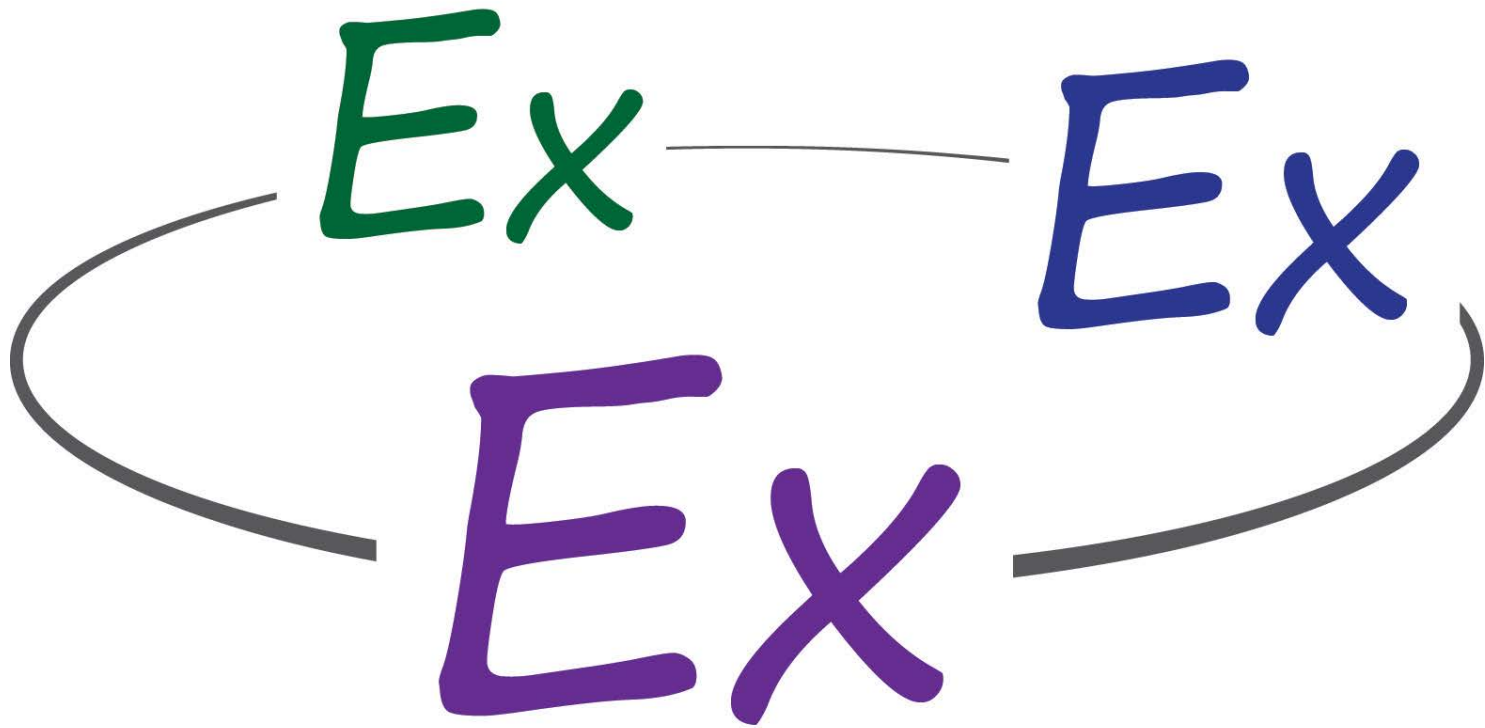


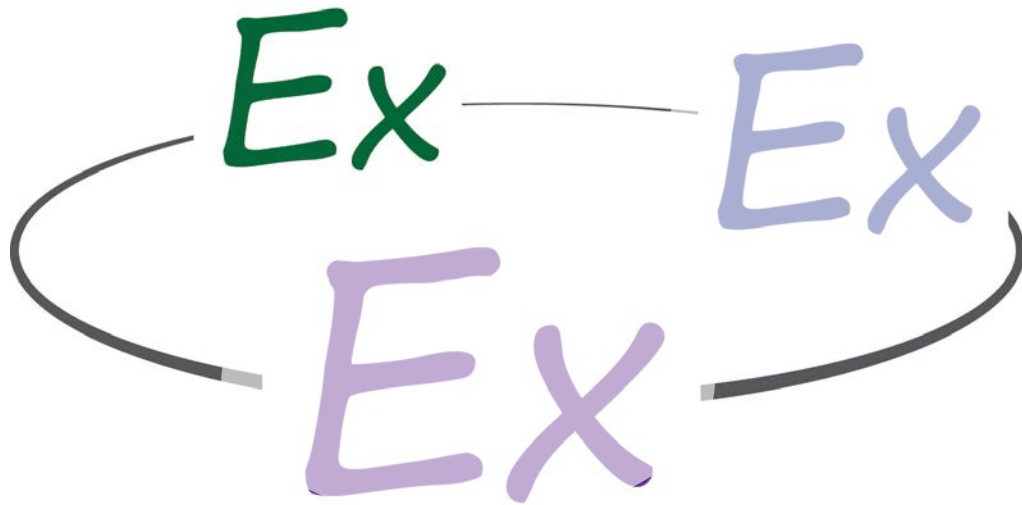
- Applied the **“Ex”** factors to your situation

- Rehearsed 3 **belief changing statements**



**roadblock**





## **Experiences**

---

*shape our*

## **Expectations**

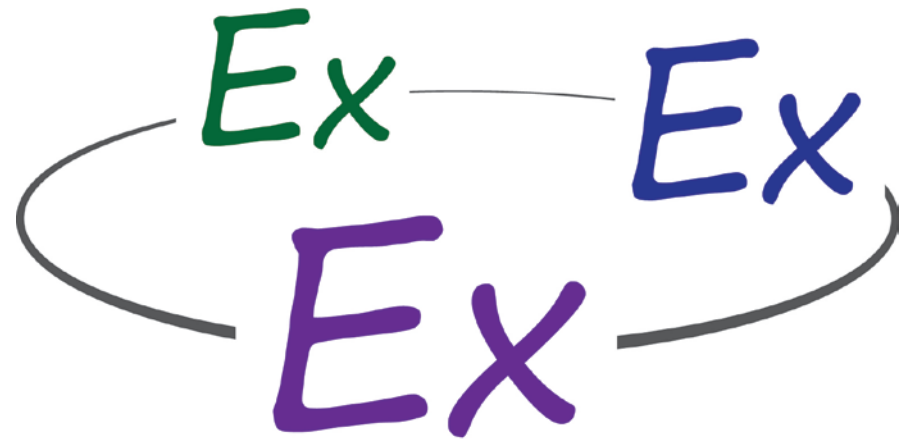
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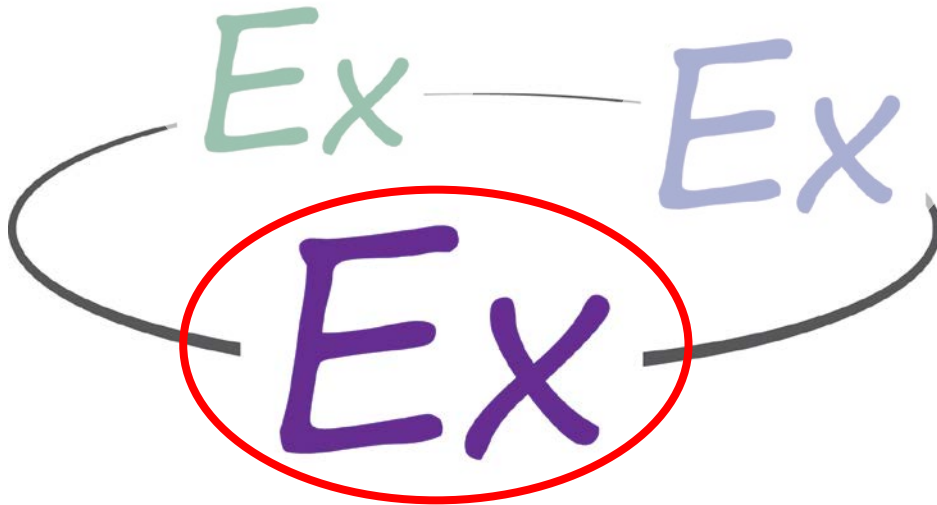
*which shape our*

## **Expressions**

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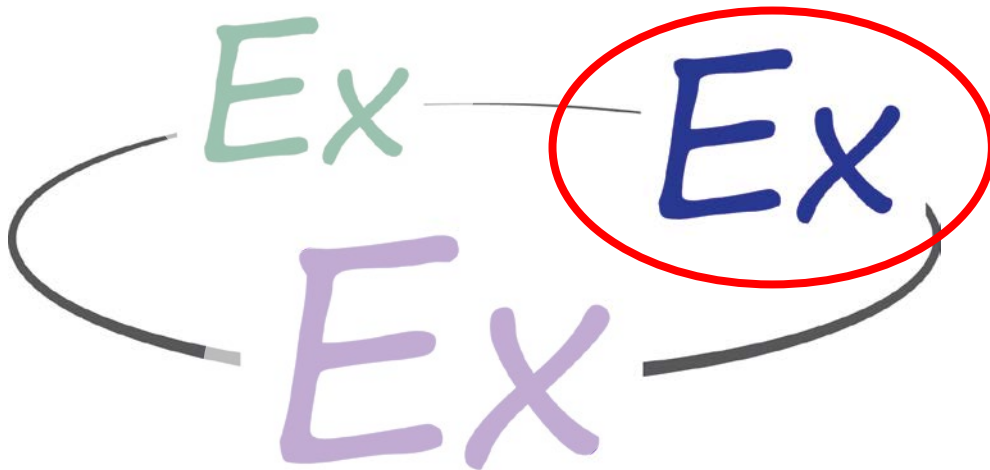
- *current initiative*
- *passionate*
- *clear vision*





*What **expressions**  
am I noticing  
or want to notice?*

- actions
- words
- body language



*What **expectations** are driving or will drive the **expressions**?*

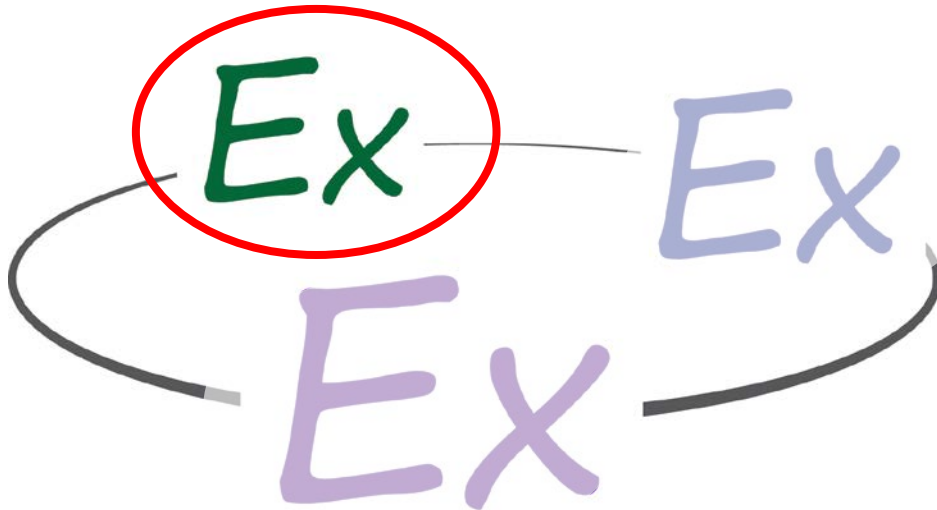
- current beliefs
- attitudes
- programming



What does it take  
to **shift** someone's  
**beliefs** and **actions**?



What **conditions**  
have influenced  
a **shift** in my  
personal or  
professional  
**beliefs** and  
**actions**?

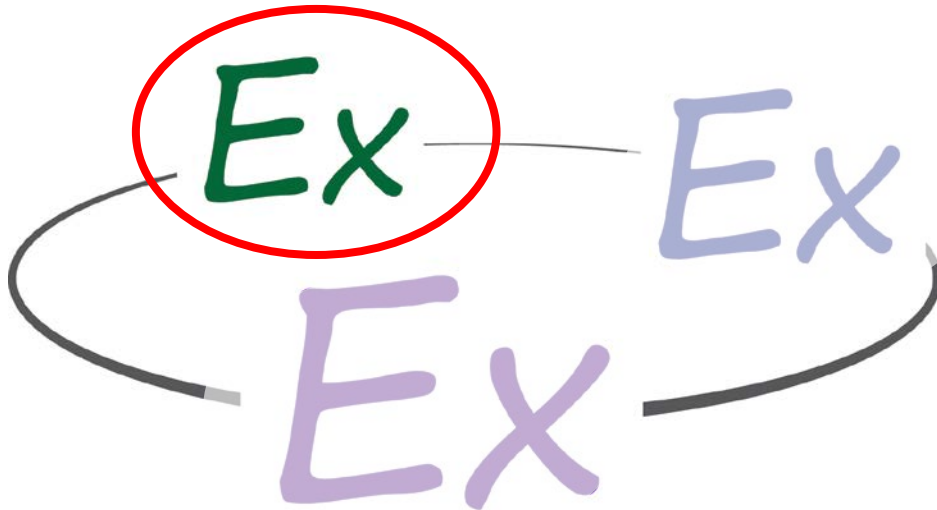


*What **experiences** are fostering or will foster the **expectations**?*

- activities
- situations
- opportunities

# Belief Changing Statements

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***This is important.***

***You can do this.***

***I will not give up on you.***

# Positive Self-Coaching

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**Today is a great day. I feel great. I am full of life, energy, and enthusiasm.**

**I can choose to have a great day, and I choose to have a great day today.**

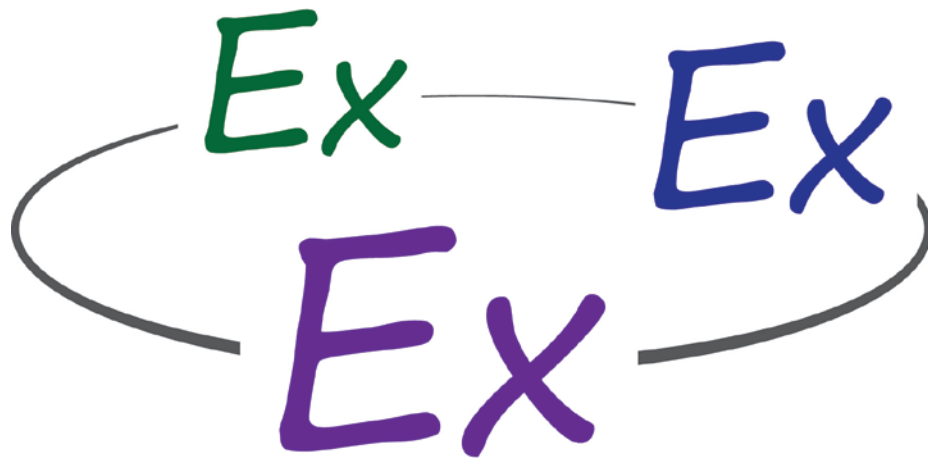


**I am positive, confident, and in control. I like who I am. I like how I feel, I like how I think, and I like how I do things. I would rather be me than anyone else in the world.**



*“I”* ●  
*positive* ●  
*action-oriented* ●





- ✓ Applied the “**Ex**” factors to your situation



- ✓ Stated your **positive self-coaching** script

- ✓ Rehearsed 3 **belief changing statements**



## YOUR FEEDBACK PLEASE



*Take a few moments  
to  
give us your  
feedback.*





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