

# Beliefs, Behaviors, and Habits

Setting you up for an abundant business and life



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**My name is Malorie Nicole**

**Executive and Entrepreneurial Coach for individuals  
who want to perform and feel their best**

1:1 Coaching  
Group Coaching  
Paid workshops for teams  
Coach to managers



### 1. **Abundantly Clear: The Growth Mindset Podcast**

Being able to turn difficult situations into opportunities for growth is paramount to being successful and happy at work. By addressing topics such as burnout, business blindspots and effective communication, certified performance coach Malorie Nicole and her guests will help you achieve the growth mindset you need in order to achieve that.

I also love to garden, travel, invest in real estate, home design and renovations, and spend time in outdoors with my husband and my dog!



The reason I love being a coach is because I've seen the transformation in my own life

- brain injury
- health problems
- victim mindset/world is against me
- childhood stories

Before we dive into how to create an abundant business and life

We need to define what your vision of success looks like

One of the NUMBER ONE stressors I see with high performing individuals

***They are not running the race they truly want to be in***

How aligned are you currently to your ultimate vision?

*Even if you have established success in your life, ask yourself this question*







# Writing Exercise

#1 Spend the next 3 minutes writing out your vision of success 6 months from now

How will it feel?

What do you want to accomplish?

What will be different?

What will you be celebrating?

What is the difference between someone who lives an abundant, fulfilling, and successful life and someone who doesn't?

# Person A

- Wakes up with motivation
- Nourishes themselves with routines
- Has allocated time in their day for high leverage activities
- Follows through with commitments made, whether they be personal or with another individual
- Educates themselves through various avenues
- Has solid boundaries with work and non work activities
- Takes action that stretches themselves daily
- Seeks avenues to give value
- Purpose driven
- Healthy relationships in business and at home
- Feels joy on a regular basis



# Person B

- Wakes up stressed
- Lacks routine and structure
- Lack of knowing what activities are high leverage
- Feels busy but doesn't feel accomplished
- Spends a lot of time worrying about the future
- Lacks fulfillment in personal relationships
- Feeling and knowingness something just isn't right

What is the difference between someone who lives an abundant, fulfilling, and successful life and someone who doesn't?

TWO things

#1 What the person believes about themselves



#2 What the person believes about the world around them

# Because...

What we believe about ourselves and about the world will result in the behaviors and habits we create



So how do we know what we believe about ourselves and about the world?

We work backwards by identifying our habits and behaviors to then uncover our beliefs



# Writing Exercise

#2 Take your 6 month vision

Reflect on the last week or two of your life

***What habits and behaviors have moved this vision forward?***

Make a list

# Writing Exercise

#3 Reflect on the last week or two

***What habits and behaviors have NOT moved this vision forward?***

*This could be things you have not implemented, have avoided, things that are distracting, things you haven't said no to etc.*

Make a list

# Writing Exercise

#4 *The habits that are seeking improvement (THE GAP)*

**> *What belief is stopping me from committing to this?***

**> *What do I need to believe about myself or about the world in order to commit to this?***

**> *What is my next first step?***

# Writing Exercise

#5 The strong habits that have been created

Reflect on these weekly

Acknowledge the outcomes

Celebrate the wins



# Why this process is effective

Because you are bringing what's in your subconscious to your conscious

The reason we behave the way we do is because of what we believe about ourselves and about the world

It's easy in the high performing world to ask questions like "what else do I need to do" but first we need to address the belief system because the belief system is why we do it



# Examples of a limiting belief in action

If I grew up believing chaos is normal

I will lack structure in my schedule and create more chaos because that's what feels normal to me

# Examples of a limiting belief in action

If I grew up believing money is scarce

I will block myself from the income I desire and I will even find ways to get rid of the money I do have

# Examples of a limiting belief in action

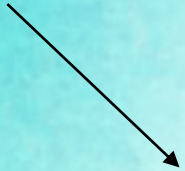
If I grew up my worth was my work

I will struggle with boundaries between work and non work activities because I will experience worthiness through achievement

**What am I doing?**



**Who am I being**

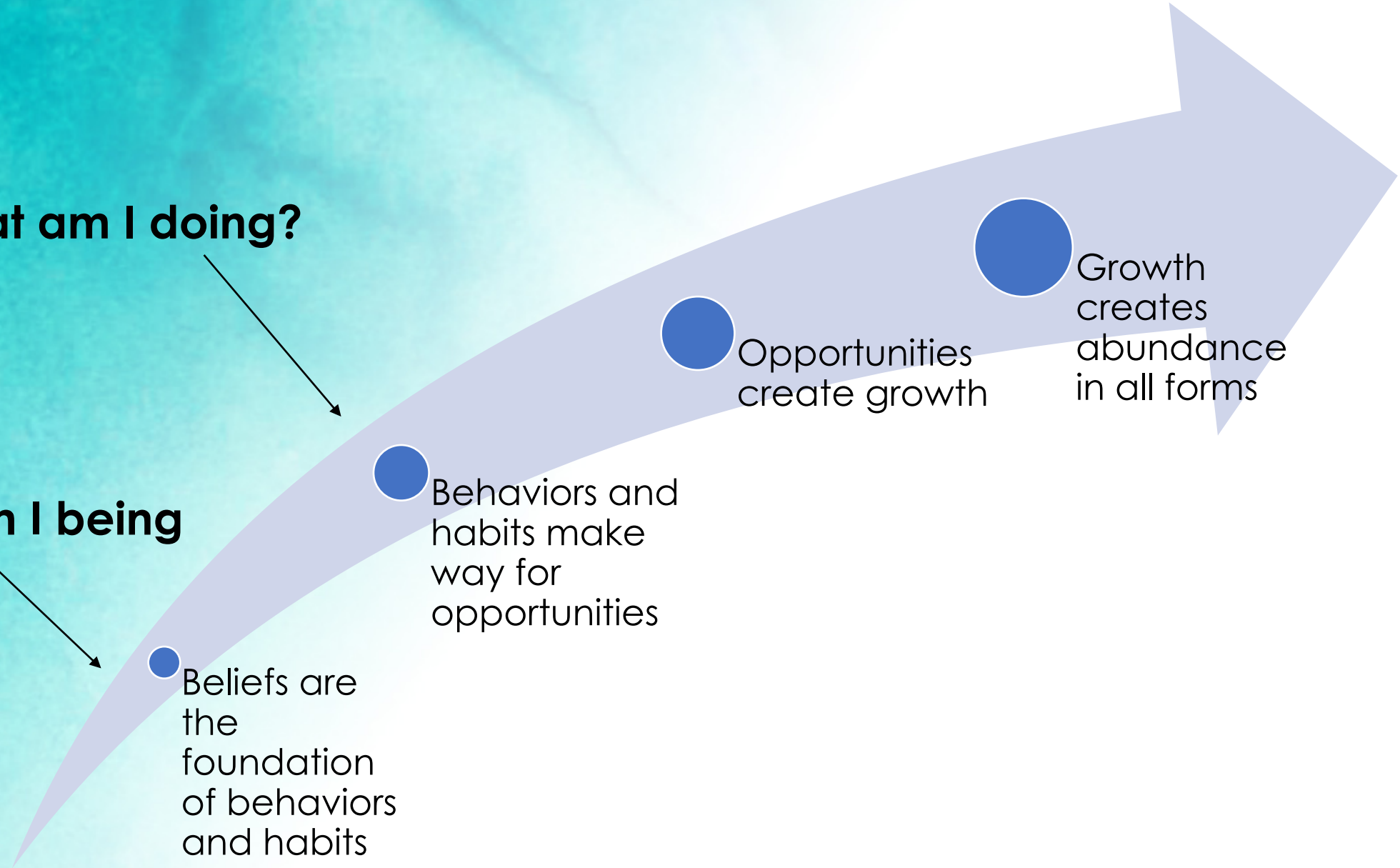


Beliefs are  
the  
foundation  
of behaviors  
and habits

Behaviors and  
habits make  
way for  
opportunities

Opportunities  
create growth

Growth  
creates  
abundance  
in all forms



What's your takeaway?



[www.Malorie-Nicole.com](http://www.Malorie-Nicole.com)

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