

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1900

MM: 3 Questions That Will Reveal Your Inner Belief System

I believe that for most of us we are often happiest when we see ourselves growing and expanding...

This could be through learning new skills or understanding new concepts...

But, the real trick is defining what really matters to you before undertaking any more self-improvement based activities...

That's why on today's #CabralConcept 1900 I'd like to ask you the 3 questions that will reveal your inner belief system (as to what's most important) - Enjoy the show and let me know what you thought in the comments below!

EPISODE TAKEAWAYS

1

What's Your Number

First you must decide on how many goals you have set for yourself in life.

2

Develop a Timeline

Next, you must decide on a timeline for reaching your individual goals. Once done with that you will then have more clarity on how many goals you can realistically achieve.

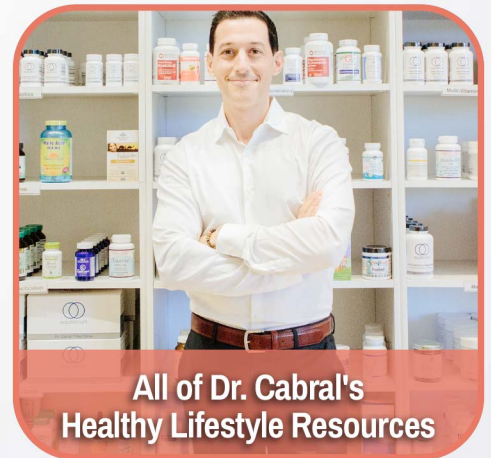
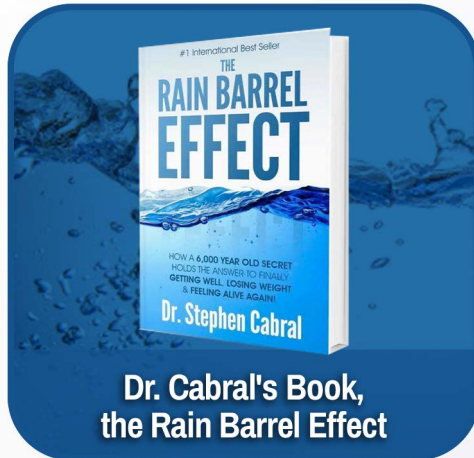
3

Does It Matter

After working this process you may eventually decide some of the goals you've set for yourself are not worth the trade-offs.



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