

Chapter 1: “The Jenga Tower”



Overview

The Jenga Tower method is a hands-on, visual way to help you identify and break down limiting beliefs that may be holding you back. Think of each belief as a tower made of blocks, where each block represents a piece of evidence or experience that supports that belief. The goal is to dismantle the old tower of limiting beliefs and rebuild a new one with empowering beliefs.



Step-by-Step Guide:

1. Draw Your Jenga Tower:
 - On a blank piece of paper, draw a tower to represent your limiting belief. Write the belief at the top of the tower (e.g., “I’m not good enough”).
 - Think of each block in the tower as a piece of evidence or an experience that supports this belief. List these “blocks” underneath the belief. For example, blocks might include:
 - “I didn’t get the promotion I wanted.”
 - “He broke up with me.”
 - “The relationship didn’t work out.”
 - “He didn’t call me back.”
 - “I was ghosted after our last date.”



2. Identify and Remove Weak Blocks:
 - Go through each block and challenge the evidence:
 - “Is this evidence still relevant or true?”
 - “Could there be another way to view this situation?”
 - “Does this block really define my abilities or worth?”
 - Write down your thoughts next to each block, questioning the validity of the evidence. For instance, consider whether being ghosted truly reflects your worth, or if it’s more about the other person’s issues. By doing this, you start to weaken the foundation of the belief, much like pulling out blocks from a Jenga tower.



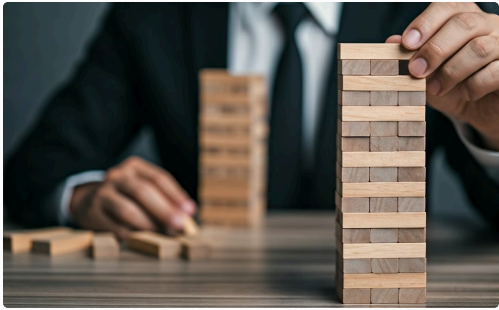
3. Look Back at Past Successes:
 - Reflect on times in your life when you succeeded despite this limiting belief or when the belief didn’t hold you back. These successes are proof that the belief isn’t always true and can serve as new blocks for a stronger tower.
 - Write these successes down as new blocks. For example, if your belief is “I’m not good enough,” think of times when you excelled at work, received praise for a project, successfully navigated a difficult conversation, or were recognized for your talents. This highlights moments where you defied the limiting belief and achieved success.



4. Rebuild with New Blocks:
 - After removing weak blocks and identifying past successes, think of a new, more empowering belief you want to hold (e.g., “I have unique talents and skills that are valuable”).
 - Write this new belief at the base of your tower. Add new “blocks” beneath it to represent evidence that supports this belief, such as recent successes, positive feedback, or personal strengths.
 - These new blocks serve as a foundation to build a stronger, more positive tower.



5. Keep Your Jenga Tower Visible:
 - Place your Jenga tower drawing somewhere you’ll see it often, like on your kitchen refrigerator, next to your desk, or on a bathroom mirror. Keeping it visible serves as a constant reminder to stay mindful of your new beliefs and reinforces your commitment to breaking down limiting ones.
 - As you progress and notice that the limiting belief no longer affects you, you can store away the old Jenga tower. Celebrate your progress and, if needed, start a new tower for another belief. Remember, this is an ongoing process, and it’s perfectly normal to work on one belief at a time.



6. Focus on One Belief at a Time:
 - Emphasize that you should work on one belief at a time. It’s not about changing everything overnight; it’s about making steady, consistent progress. Each time you dismantle a belief, it builds your confidence and resilience for tackling the next one.
 - Understand that self-growth is a continual journey. New challenges and beliefs will always surface as you evolve. Approach each one with patience, dedication, and a willingness to learn.