

Summary: Women.in.Weights.and.Measures.- .Building.a.Satisfying.Life

The session, led by Jake Nolan and coordinated by Brandi Harder, focused on personal agency, goal-setting, and the mindset required to build a fulfilling life. The core message repeated throughout: **It's you**—your beliefs, your habits, your choices, and your willingness to change.

Building a Satisfying Life

Participants were encouraged to:

- Define the life they want.
- Write it down.
- Think about it often, because the brain works to solve the problems you give it.

Efficacy & Personal Control

Efficacy was defined as the.ability.to.influence.the.outcomes.in.your.life. Key ideas:

- You—not luck or destiny—control your path.
- Goal setting is the tool that shapes that path.
- Dream big, but adjust your “lens” so your goals feel achievable.
- Change begins with desire; you cannot hold two conflicting beliefs at once (cognitive dissonance).

What Holds You Back?

Four major barriers:

- **Your perceived truth** – Everything you know was learned, and can be unlearned.
- **Your opinions** – They can change with new information.

- **Your motivation** – Change happens when its value outweighs staying the same.
- **Your routines** – Habits run on autopilot; they can be rewritten.

Participants listed personal “bad habits” and were encouraged to flip them into positive, actionable statements.

Beliefs Shape Performance

- Your beliefs about yourself regulate what you attempt and achieve.
- Take responsibility for your decisions and outcomes.
- Challenge limiting beliefs like “I am just...” or “They are just...”
- Everything you know about yourself was learned—so it can be changed.

IQ vs EQ

- IQ is largely fixed after early childhood.
- EQ—self-awareness, self-regulation, empathy, social skills, motivation—is flexible and crucial for achieving goals.
- You can “play the cards you’re dealt” while also learning to change them.

Tools for Change

The core formula:

1. Decide what you want (do more, be more, have more).
2. Write it down.
3. Think about it often.

Within about four weeks, these thoughts begin to embed themselves.

You are encouraged to:

- Visualize who you want to become.

- Believe in your ability to become that person.
- Write goals as if they already exist (“I am...” statements).

The Role of Discontent

Change often begins with discomfort:

- Career crisis
- Relationship crisis
- Health crisis

The message: **Fix yourself first**, then apply what you learn and share it with others.

Goal Writing & Life Balance

Use action-oriented, meaningful language. Set goals across all areas of life:

- Financial
- Family
- Career
- Education
- Teammates
- Spiritual
- Health
- Relationships
- Hobbies
- Community

Examples:

- **Procrastination:** “I always do what needs to be done every day with satisfaction and ease.”

- **Money:** “My monthly budget allows me to live now and save for the future with certainty.”

Thought Patterns for High Performance

- The mind is most impressionable when tired—right before sleep and right after waking.
- Tools like note card apps can reinforce goals through repetition.

The “Precious Cycle”

A reinforcing loop:

1. Want
2. Set a goal
3. Achieve results
4. Feel better
5. Build momentum

This cycle strengthens **warranted self-esteem**—confidence built on real action.

Final Message

Change happens when the value of changing becomes greater than the value of staying the same. Everything begins with you—your beliefs, your goals, your willingness to act.