

## Skills

- Natural talent - Motor skills, speed, power, math, singing, Interpersonal
- Repeated practice - Music lessons, math, singing, interpersonal

## Values & Priorities

- Role based - Employee, Manager, Parent, Spouse, Sibling, etc.
- Moral & Ethics - Honesty, Truth, Kindness, Fairness, Beauty

## Beliefs

- Situational - Process, best practice "The way we've always done it"
- Cultural - Professional, Class - Industry norms "work hard, get a good job"
- Moral - Shades of grey or binary (good/bad, right/wrong) "Because I say so"

## Identity

- Referenced externally - My identity is secure because others say so
- Referenced internally - My identity is secure because I say so

## Experiences

- Frustration Experiences - threshold of change
- Confirmation Experiences - Reinforces values, beliefs and identity
- Interpreted - Parents, Teachers, Professors, Movies, Books