



TAKE CONTROL COACHING

Infinite possibilities

Dealing With Limiting Beliefs.

What are they?

A belief is “a principle accepted as true or real without proof”. According to Tony Robbins, “the most important belief a person will ever hold is the one that they hold about themselves”. Beliefs are thoughts and ideas that are no longer questioned. They are so incredibly powerful that they can shape the direction of our lives.

Our beliefs form in childhood and adolescence and they come from anyone who exerted any influence over us, such as parents, teachers, friends, etc. For example, can you remember any cutting remarks made when you were at school, by a teacher if you answered a question wrong? Did this make you reluctant to raise your hand again for fear of ridicule?

So a limiting belief is one which has formed as a result of something which we learned as children and which usually is of no relevance to us in adulthood. Common ones include, I’m not good enough, I don’t have time, I don’t deserve success, money is evil, successful people are just lucky, I don’t have what it takes to succeed, etc. As you can see, limiting beliefs are the absolute opposite of encouraging!!

So how can you deal with them?

The first step is identification and this involves some self reflection. Sometimes this is easier at a time when you are feeling frustrated that life is not going the way you desire, but you can do this exercise at any time.

STEP 1

Take a sheet of paper and make 2 lists. In the first, list all the positive beliefs you have about yourself, all the things you are good at. In the second, list all the negative beliefs you have about yourself, the things you are not good at.

STEP 2

Look at the list of POSITIVE beliefs and spend a few moments on each one. Find evidence to support each one and write it down.

STEP 3

Now look at your list of negative beliefs. Take the top 3:- the ones that REALLY HOLD YOU BACK. Ask yourself:

- A) What is this belief costing me on a daily basis?
- B) How do I know it is true?
- C) How will my life be different if I let go of this belief?

STEP 4

Now write an opposite belief to the one you hold or perhaps the belief you would prefer to hold. Eg If your belief is, "I'm too old to change career," you could reframe this to, "This is the perfect time to change my career as I have so much experience."

*****ACTIVELY LOOK FOR EVIDENCE TO SUPPORT YOUR NEW BELIEF. YOU **WILL** FIND IT!!! ***

List the actions you could take to make it true and then take them! Keep a diary and make a note of your success.

List your new beliefs then define your new SELF TALK and decide what action you are going to take regularly and consistently to begin to move towards achieving it.

Practice, practice, practice and keep defining and affirming your new beliefs for AT LEAST 21 days consecutively but longer if possible to make sure they stick!

Have fun with this and enjoy reaping the benefits of feeling more freedom and positivity xx