

EMPOWERING BELIEFS

“Whether you believe you can or believe you can’t, you’re probably right”.

Part of being human is to have beliefs and these can often be instilled in us since our childhood. These become our rules that we don’t question – we just accept them as fact. Unfortunately some of these beliefs can limit our growth and confidence eg “I am never any good at sports” “It’s not right to get angry”.

These beliefs have probably come from someone else but if you want to start transforming your life a good place to start is to recognise these limiting beliefs.

Ask yourself:-

- What are my limiting beliefs?
- Which one has the most influence over me?
- Why do I hold this belief? What does it give me?
- Where has these belief come from?

Having looked at these existing beliefs start to change and challenge them.

- ✓ What would be a more positive and empowering belief to replace the old one?
- ✓ What are you willing to do differently to support the new belief?
- ✓ What has to happen for you to feel in charge and able to overcome any obstacles?

By identifying and challenging limiting beliefs you have started to put yourself in a state of optimum change of believing “that you can”. You have started to be aware of what is holding you back and from here you can start to make choices to move forward.

For more information on how to challenge your limiting beliefs contact **Karen** of The Mind & Body Team **01271 831195** or **www.redoakcoaching.co.uk**