

Beliefs:

Beliefs are the rules we have set up to live our life by based on our past experiences. They are based on things that we have accepted from our parents, partners, school, culture and general events in our lives. We have deleted, distorted and generalised through our filters.

They are assumptions and aren't always logical or true, but we act like they are.

They are not facts but strongly held opinions (judgements and evaluations) about ourselves, others, the world and the future.

They help us pre suppose what might happen or what things mean.

They are our negative automatic thoughts and negative internal dialogue.

They determine our motivation, feelings and actions.

They also determine our success in life.

What we believe influences our experiences and the results we get.

Beliefs can be empowering and can shift you towards your goals.

'I can do anything I want to do'

'I'm good at a lot of things'

'Others will help me'

Beliefs can hold you back if it's something they believe to be true that limits them in some way.

'I'm not good enough'

'I'm not a confident person'

Because beliefs drive behaviour powerfully I can help you unpack the structure of limiting beliefs via your sub modalities generating more useful ones that empower you so that the belief no longer holds up.

As your coach & Mentor I will identify and challenge limiting and false beliefs and help you work on your own internal dialogue so you become self sufficient.

