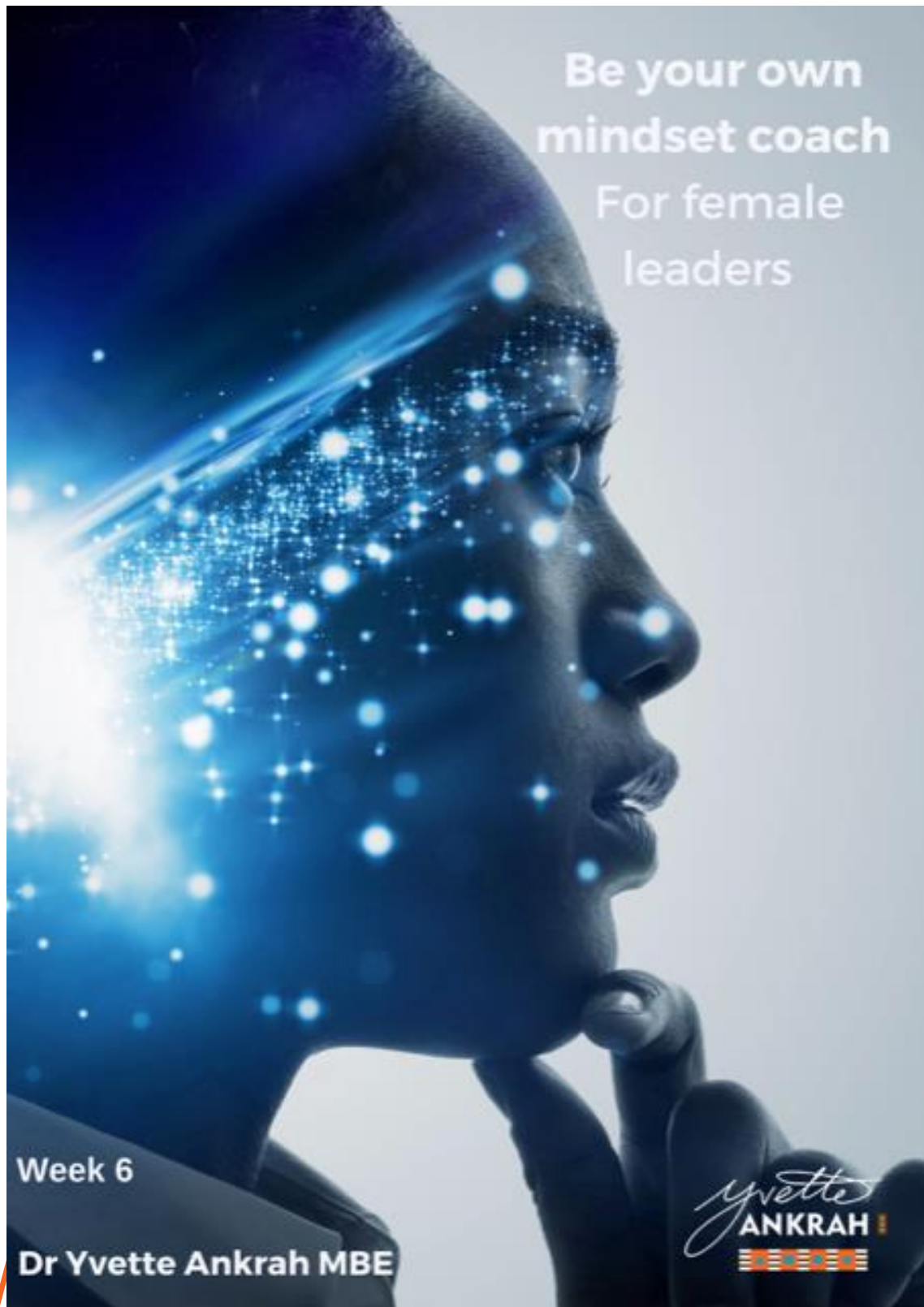




What stops you?



Be Your Own Mindset Coach

Week Six

What stops you?

This week is all about looking at any limiting beliefs that may hold you back that will stop you achieving the goals that you created.

What you think about yourself, your beliefs about who you are and what you are capable of will have an impact on what you can achieve.

In this session, we are going to explore what these might be and help you to get them out of your way. They will not hinder you as you move forward to create your life without chaos and with more clarity. You also have a tool to help you to maintain positive beliefs.



LIMITING BELIEFS

Our beliefs form the rules that we live by. They are based on how we believe the world works based on the experiences that we have had. We often mistake beliefs as facts, but they are not facts. We all have beliefs about ourselves, others, relationships, what we believe is possible and what we think we are capable of! We often treat our beliefs as if they are fixed and unchangeable - this is not true they are not, and they can be changed.

As Joseph O'Connor, NLP expert says:

"Beliefs act as self-fulfilling prophecies. They act as permission as well as blocks to what we can do. If you believe you're not very likeable, it will make you act towards others in a way that may put them off and so confirm your belief, even though you do not want it to be true. If you believe you are likeable, then you will approach people more openly and they are more likely to confirm your belief."

The PAW process

For you to have a positive outcome you need to believe three things:

It is *possible* to achieve them

You can achieve them

You *deserve* to achieve them

Possibility

Ability

Worthiness

These are the keys to achievement.

Possibility

Whilst we are not superheroes and not without limits, we do not know what these limits are until you reach them. However, what happens is we decide something is impossible and therefore make no attempt to achieve it. Being open to possibility means we are not so quick to decide that something is impossible.

Ability

The belief that we cannot achieve something and put a ceiling on our achievements.

"You have not yet reached the limit of what you are capable." Joseph O'Connor



Be open-minded - with your self-talk and with others avoid saying what you cannot do. One word can change how you feel about your ability – yet
“I am not able to do X yet”

Some words will act as blocks and will stop you moving forward – ‘can’t’ is one of those words

Worthiness

Only you can decide if you deserve to achieve your goals – you need to decide on morality and ethics and how to resolve any issues in this area.

Say these PAW process statements for each goal:

‘This goal is possible.’

‘I have the ability to achieve this goal.’

‘I deserve to achieve this goal.’

Notice how you feel when you say these statements - if you feel uncomfortable in any way you have picked up self-doubts and possible obstacles you may have to achieve your goal.

Note down what these are if they come up.



Look for possible obstacles

I will not achieve my goal because...

When you have your list of objections go through them and decide if they are real obstacles or they are beliefs that you hold.

Outcomes

- 1- There are real obstacles that are insurmountable so your goal may need to be changed or moved to another time.
- 2- They are real obstacles but with some effort, you could get around them - do you want the goal enough to put in the effort needed?
- 3- They are beliefs that you hold about yourself or others and you don't know whether they are true - test your beliefs!



REMOVING LIMITING BELIEFS

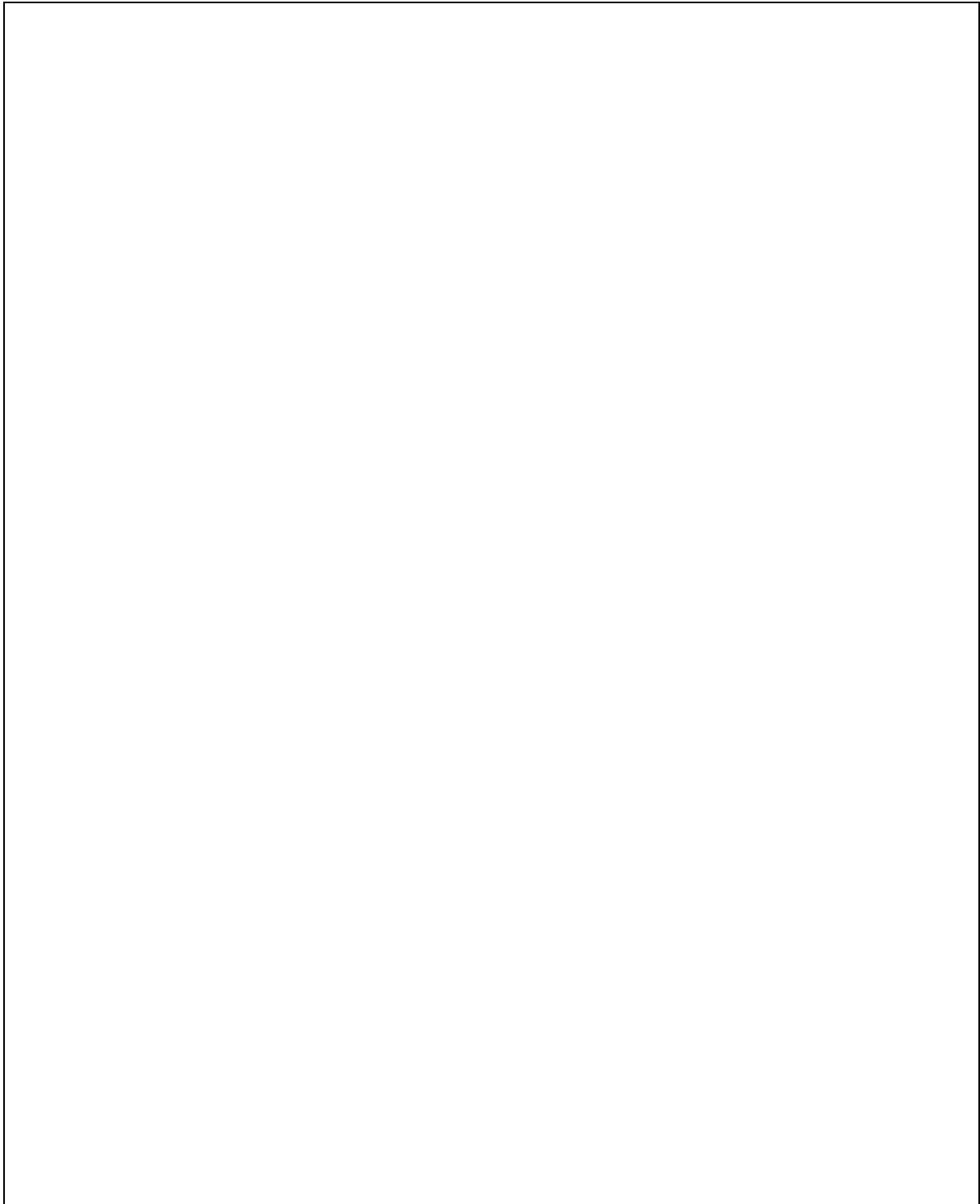
The Four Questions

Coach and author Byron Katie created a system called *The Work*, in it, she created four key questions to help you challenge beliefs.

Instructions

This is a mini-meditation, take some breaths, relax and with your eyes closed, think about the belief and go back to a memory where you experienced that belief. What emotion comes up when you think about that experience and that belief? Once you are clear on what you felt, these are the questions to ask yourself:

1. Is that true?
The answer is either 'yes' or 'no', if the answer is 'yes', go to question two
if the answer is 'no', go to question three
2. Can you absolutely know it is true?
Think about that moment as you ask yourself this question
3. How do you react, what happens when you believe that thought?
Go back to that moment and notice any physical sensations, feelings, things you may have said or done at that time
4. Who would you be without that thought?
Go back into that moment and observe the situation without having that thought –
what do you notice now?





Now turn that thought around, what is the opposite to that thought? Is the opposite true or truer than the original thought?

Repeat this new thought in your mind a few times.

You can do this with the goals that you have set as well as other areas that may have emerged over the last few weeks.



AFFIRMING NEW BELIEFS

Creating a mantra and positive affirmations*

Your mantra is a short phrase that you say to yourself daily to empower and motivate yourself. It is about who you are and what you want. Use positive, affirming, inspiring words and write in the present tense

Mantra Example

I am a strong, knowledgeable woman who is successful,
loving and loved.

Affirmations have been used in cognitive behaviour therapy to help uplift people suffering from low self-esteem and depression and studies have shown the impact on our mental well-being*. Positive affirmations are designed to target a specific belief or fear you hold about yourself.

Helps to tackle:

- ❖ **Fear**
- ❖ **Poor self-image**
- ❖ **Negative Beliefs**
- ❖ **Damaging Self-Talk**

Decide what you would like to address and create some positive sentences.

- Write in the present tense
- Write as if they are occurring now if they are for self-development e.g. I am becoming a more relaxed person
- Repeat them regularly out loud
- You have to want to make this change happen

Examples of affirmations

- ❖ I have plenty of creativity for this project.
- ❖ I can do this!
- ❖ My opinion is respected and valued by my team.
- ❖ I am successful.
- ❖ I am honest in my life, and my work.
- ❖ I like completing tasks and projects on time.
- ❖ I enjoy working with my team.
- ❖ I'm bringing a positive attitude to work every day.
- ❖ I am excellent at what I do.
- ❖ I am generous.
- ❖ I am happy.
- ❖ I will be a leader in my organization.-

(See more at Ref: <http://www.mindtools.com/pages/article/affirmations.htm#sthash.FrVBHHZ7.dpuf>)

*(if you do have very low-esteem and or depression get additional support before doing these exercises)



Exercise - My mantra

(Handwrite if possible)

Three positive affirmations

(Handwrite if possible)

1.

2.

3.

Remember to say these out loud. You can print them onto a piece of card and stick them onto the mirror or fridge. Set a reminder on your phone so you are reminded to say them.