

# **YOUR BELIEFS SHAPE YOUR REALITY**

Everything you think, say and do is in response to your beliefs. But so often people aren't aware of the many beliefs they have nor, do they realise that they can change their beliefs.

## **A BELIEF IS...**

Beliefs are statements about what you believe to be true. They are NOT facts. But interestingly, when we repeat something often enough it becomes a fact to us (and that's exactly how we treat it!).

Your beliefs are influenced by the environment you grew up in and the people you're surrounded with, e.g. family, culture, religion, peers, where you live, your job and so on.

## **HOW TO RECOGNISE A BELIEF...**

Beliefs typically, but not always, start with I am / I'm not, I can / I can't, I will / I won't, and I have / I haven't.

Here are some examples. You'll notice that some will help you and some will hold you back.

- I can't cope / I can cope
- This will never end / this too will pass
- This is hard / I am learning and doing my best
- I can't do it / I can do it, one step at a time
- I'm not enough / I am enough

Seemingly small words – am / am not, can / can't, will / won't, have / haven't – but they have the power to impact how you see things and how you live life.

Remember, the saying "if you think you can or think you can't, you're right"? It's true. What you believe will determine what you do, and whether you're successful.

## **WHAT ARE SOME OF YOUR BELIEFS ABOUT YOURSELF?**

And are they helping you or holding you back?