**BELIEFS**

This part is designed to challenge any limiting beliefs you may be holding onto. It's a great way to explore what may be holding you back in a particular area of your life.

**What is a belief?**

A belief is a feeling of certainty about what a thing means.

One of the examples is a client I worked with who believed their past equaled their future. This meant that everything that happened to them in the previous relationships was evidence of how they were trapped to continuously repeat the mistakes of the past.

They don’t see other opportunities because they only support this belief to confirm it’s “true”.

Another example is a client who is creating amazing relationships with family and a partner. Their belief is that they’re great at relationship building, and their relationships flourish. This means they search for ways to get even better and so on.

What would happen and what would they notice if they believed they were terrible in relationships and connections?

There is more to how we create our world than beliefs, but beliefs take a big part in our life and determine how we see and experience our reality.

**How do we create beliefs?**

We create them from our experiences, what we’re told and what we see. They’re also created through what we hear through family, friends, society and mass media.

For example:

* My parents always argued and my mum was always unsatisfied with life, so I believe relationships are always messy and I also need to be very serious and never feel happy enough in a relationship.
* My family never expresses their real feelings, so I believe I shouldn’t express my feelings either.

Think about your own life. What have you decided is true for yourself?

A GOOD PLACE TO LOOK IS SENTENCES THAT YOU START WITH:

* I ALWAYS...

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i.e. I always do well in romantic relationships…. I always feel loved… I always want to have trustworthy relationships.

* I NEVER...

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I.e. I never know how to be natural and 100% myself in front of new people….I never trust people who are always happy and successful….I never doubt myself…

* I CAN’T...

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I.e. I can't attract my soulmate...I can’t create a long lasting and fulfilling relationship...I can’t trust my partner fully.

* I CAN...

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I. e. I can always see how people can’t be trusted...I can always see people don’t understand fully. I can be happy in a committed relationship...I can trust myself I will create a happy family.

* I AM...

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I.e. I am loveable..I am too needy...I am too controlling...I am always apologizing...I am full of self-doubt...I am critical...I am joyful...

FINISH THESE SENTENCES AND SEE WHAT HAPPENS.

Do your beliefs serve, support, nurture and challenge you?

I always………………..………………..………………..………………..………………..……………

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I never………………..………………..………………..………………..………………..……………

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I am………………..………………..………………..………………..………………..……………

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They are……………..………………..………………..………………..………………..……………

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We are……………..………………..………………..………………..………………..……………

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I can’t……………..………………..………………..………………..………………..……………

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I must……………..………………..………………..………………..………………..……………

…..………………..………………..………………..………………..………………..………..………..

I need……………..………………..………………..………………..………………..……………

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If you uncovered some beliefs that you feel are not in alignment with who you want to be, what could you change them to?

It’s time to make a commitment to yourself right now to adopt the beliefs that you know will serve, support and nurture you. What do you have to lose? What do you have to gain? If you choose to adopt empowering beliefs that support & sustain you, how will your life look?

How will you feel? What will you gain?

OTHER BELIEFS TO EXPLORE…

If I try hard, then……..………………..………………..………………..………………..……………

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Life is all about...……..………………..………………..………………..………………..……………

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Love is all about..……..………………..………………..………………..………………..……………

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Relationships are all about.…………..………………..………………..………………..……………

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There are times when people.………..………………..………………..………………..……………

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Women are…………………...………..………………..………………..………………..……………

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Men are…………..…………...………..………………..………………..………………..……………

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My family always..…………...………..………………..………………..………………..……………

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It takes…………..…………...………..………………..………………..………………..……………

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I can...…………..…………...………..………………..………………..………………..……………

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……..……………………..………………..………………..………..……….is outside of my control.

There is no such things as.....………..………………..………………..………………..……………

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If I...…………..…………...………..………………..……then…………..………………..……..……

…..………………..………………..………………..………………..…………………….will happen.

Keep going with how you feel about love, relationships, happiness, success, what it takes to communicate well, how you respond to challenges.

Now make the decision to let go of any belief that doesn’t serve, support, nurture or challenge you. If it doesn’t sustain you as you create your ideal life, relationships and vision, why keep it?

Remember, you have the choice about what you are going to adopt as your truth. Choose life free from limiting beliefs and unhealthy conditions from the past.