

Belief in You!

Words: Dionne Edwards

Welcome to the Life Coaching Corner where the power of the mind is celebrated and beliefs are the fuel for the engine of progress!

What do you believe about yourself; about others; about what life has to offer? What do you believe about what you are you capable of doing, achieving or making happen?

Our beliefs shape our view of the world and our place in it. They are our ideas and generalisations that we make about our world based on how we perceive and experience everything around us. As a Master NLP Practitioner I often discuss with my clients what they believe as this is fundamental to building the foundations of the success they want to achieve.

As far back as the 1930's it was already being recognised that our beliefs play a powerful part in our success. W Clement Stone was a businessman,

philanthropist and self-help book author born in 1902. He along with another gentleman called Napoleon Hill were really the fore-fathers of the whole "personal development and strategies for success" movement. Stone's motto was:-

'Whatever the mind of man can conceive and believe, it can achieve.'

So in other words our beliefs can and do shape our mindset and by extension have an impact on what actions we may choose or be willing to take. And, therefore, by extension have an effect on what we can actually do or achieve. Mr Stone is a classic example of this. His father died when he was 3 leaving the family with very little due to gambling debts. At aged

6 he started selling newspapers on the street and by 16 he was helping his mother sell insurance. His is the classic rags to riches story with him dying a millionaire several times over.

More recently there are others that have similar stories. Consider Oprah Winfrey who was born in poverty, abused and became a teenage mother. It would have been easy for Oprah to believe that nothing good would or could happen for her. However despite what she experienced growing up she decided that her experiences would not define what she was capable of and went on to become a billionaire with her long show geared towards learning, self help and personal development. A show shown in over 25 countries in the world. She supports numerous charities, built a school for girls in the developing world and continues to find ways to reach as many people as possible.

So consider this, if beliefs are based on what we experience, our ideas and generalisations and even upon the socialisation we experience as children it could mean that what we believe in

some instances isn't necessarily true!

So what do you believe?

Take a moment now to consider an area of your life, a goal you'd like to achieve, or a transformation you've been thinking about making and examine what your beliefs are around your ability to make it happen? Are your beliefs ones that support you in taking action and remaining positive? Or do they limit you, create fear and undermine your confidence?

We tend to exhibit behaviours and take certain actions based on what we believe. So imagine changing your behaviour?

If you change your behaviour you can begin to change your beliefs. Here's how to start today!

List a belief you have about yourself or your capabilities

Consider what behaviours you are exhibiting to support that belief

Re-write this belief to reflect how you really are/ would like to be

Decide on the actions and behaviours you can do that will

help underpin your new belief

Go and do that action!

Reflect and write down how it felt acting in a way to support your new found belief

Keep doing the same or more of those actions to reinforce your learning

Before you know it you will have a new set of experiences on which to underpin your new belief.

I believe that we all have an amazing capacity to make changes in our lives. . . I believe in you!

Dionne Edwards is a Life Strategist and Careers Coach dedicated to helping you achieve your goals find balance and make positive changes in your life!

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