

Your thoughts precede your actions



Whatever you think will become your reality. So if you're stuck or dissatisfied with something in your life, start with changing your thoughts and limiting beliefs

First, you need to distinguish your self talk from your inner voice or intuition. Pick an area of your life and write down what you think and from there pick out any limiting belief – you will often think, “No way do I really think that.” You do – what is happening is that your conscious mind doesn't want you to think that.

Some common negative thoughts are:

- I am not good enough
- I am unlovable
- I am controlling
- I am needy
- I don't deserve much
- I am too much
- I am stupid
- I am fat
- I am a loser

Some limiting societal beliefs are:

- Relationships are hard work
- You need a good education/degree to get a good job
- It's best to own your own home by 30
- Men are useless around the house
- I don't have enough time
- Women are bad drivers

We can't create change just on one realm – we need to activate spiritual, mental and emotional aspects to create an overall change in behaviour

Thought-changing process

Do this easy-to-follow exercise once a week to help replace negative and limiting thoughts and beliefs about yourself with positive and empowering ones.

1 Identify things you would like to change in any area of your life – money, family, relationships, health, hobbies, friends, career, etc.

Now write a list of statements about them. Write down what you currently say to yourself and out aloud about them. Eg: 'No matter what I do, it never seems to be good enough.'

2 Convert each statement into a new belief using the words: 'I have chosen to believe ... ' and write a list. Eg: 'I have chosen to believe that I am not good enough

and no matter what I do, I never will be'.

3 Now take responsibility for having chosen those beliefs with love for yourself. Look to see where they have served you. You can only let them go once you can see how they have worked in your life.

Now write the following statement at the end of the list: 'I acknowledge that I chose those beliefs with love and compassion for myself. I am responsible for holding those beliefs'.

4 Now choose to let them go and replace them with new thoughts to support you creating your life as you want it to experience it. 'I now choose to let these beliefs and thoughts go and I choose the following new ones; I believe ...'

5 Be willing to write your new beliefs as if they were true. The greatest way to manifest what we want in life is to act as if they have already happened.

Eg: 'I believe I am okay the way I am and what I do is simply what I do. I believe I am lovable, loving and loved'.

Say and write these new beliefs 20 times a day to start re-programming a new way of being each day. These will become your true beliefs, they are what you think and I recommend you read them daily and remind yourself whenever you're driving, washing up, etc. of what you now hold to be true for you.

Place post-it notes, write in your diary, put notes behind the bathroom door, on the fridge – anywhere that will help you to remember the new state you want to experience.

As you become more aware of your thought patterns, you have the choice to change, as you become aware of your reactions and responses. This gives you insights into areas of your life that these beliefs and patterns are keeping you hostage in your life and relationships. **NH**

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