Beliefs

Beliefs are essentially guiding principles in life that provide us with direction and meaning. Our beliefs underpin our attitudes, views and opinions. They determine our approach and outlook on life.

Beliefs are developed by what we hear and keep on hearing from others. They originate from our experiences, knowledge, circumstances and future imaginings.

Beliefs are the thoughts we tell ourselves over and over again, over a period of time through a consistent way of thinking. The more we think these thoughts the more we become convinced of their truth. Our beliefs can, in some cases, be *destructive* and *limiting*, causing us to view the world in an inaccurate way.

Not all the thoughts we have become our beliefs. Thoughts that have strong feelings or emotions attached to them are more often the thoughts that become beliefs.

***Beliefs can and do change and individuals have the choice as to what they believe.***

An example of a belief that is destructive is that of an anorexic woman who looks in the mirror and sees herself as overweight when in fact she is extremely underweight. She literally sees herself as different from how she actually is. Others can see what is true, but she cannot. The anorexic woman is seeing a distorted version of the truth. However she considers her belief as 100% accurate.

*“It’s not the events of our lives that shape us, but our beliefs as to what those events mean” – Tony Robbins*

This phenomenon happens to many people on a continuum, from being totally misled to being in total synchronicity with the truth. Therefore most of us view our world inaccurately to some extent every day.

Our beliefs are relevant to every aspect of our lives. Who you are and what you do is determined more by your own *beliefs* than by your *capabilities*.

According to the Iceberg Model our hidden beliefs often come from our subconscious mind, which holds approximately 90% of our memories that we don’t easily recall. Approximately 10% of our memories are recalled easily. Some research indicates that our memories are stored in our cells, throughout our bodies, and formed as energy patterns.

This is interesting when you think about people who hold biased beliefs about certain groups in society- where did these biased beliefs come from?

Medical history reports numerous cases where placebos have been found to have a profound effect on a variety of disorders. Research has illustrated that beliefs even affect us on a biological level and thus shape our physical wellbeing.

Beliefs play an important part in our ability to navigate our world and our experiences in our world. If our rational belief system is not taking us in the direction of our goals, and if we sabotage ourselves, this may be the result of subconscious beliefs at play. When our lives are determined by outdated beliefs that don’t serve us well, we are prevented from achieving our version of success.

**Think about your beliefs and consider what thoughts may have created these beliefs.**

Beliefs Exercise

List two things you believe about **yourself**:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List two things you believe about **money**:

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List two things you believe about your **future**:

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List two things you believe about your **abilities**:

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Look at each belief you have written down and think about whether the belief is limiting or supportive.

Next to each belief put an **S** for **supportive** or an **L** for **limiting.**

Think about where this belief came from. Next to your beliefs put a **P** for **presumed** by me without thinking too hard about it, or an A for accepted as true because that’s what I was told by someone or heard from someone.

With this analysis of your beliefs, what do you know now that you hadn’t considered before about the above beliefs?

For all the beliefs you have written down that are *Limiting* think of a belief that will be *Supportive* instead.

Write these new beliefs in below, say them with conviction!

For example:

1. Limiting belief: you’re not able to make money.
2. Supportive belief: You are able to make money but have stopped yourself from going after what you want due to fear of disappointment hence feeling that you are not able to make money.