

Find your Phoenix ...And Rise up!

In the last issue we looked at values and beliefs. In this issue we explore Limiting Beliefs – what are they and how are they holding you back from reaching your full potential?



Limiting beliefs are the beliefs we hold about ourselves that tell us, in no uncertain terms, that we are either unable to be, do or have something or we're incapable of being, doing or having it.

We often acquire these beliefs throughout childhood, a time when we are like sponges, absorbing everything we hear, see, experience and are told. From throwaway comments like "Oh he's just lazy" or "She's just not good at those kind of things" to the more direct and deliberate statements made about us ("She can't catch" or "He can't swim"), said to us ("What are you? Stupid?"), or about people or life in general ("Men are...", "Women are...", "Gay people are...", "young people are..."). We take these on board as if they are true and they begin to form our reality. We may hear

ourselves saying "I can't..." or we may feel or just know we can't do something when we are actually more than capable of it. We just don't believe we are so we either don't bother trying or we set ourselves up for failure before we have even started.

Limiting beliefs can also protect us from something we are fearful of. These fears are usually related to judgment, failure or not being good enough so we avoid them to remain in our comfort zone and make ourselves feel safe.

- What beliefs do you hold about yourself that hold you back?
- What evidence do you have to support these beliefs?
- What would happen if you suspended that belief for a moment and allowed yourself to look forward without thinking this about yourself?
- What would you be capable of if you didn't believe this about yourself?

The thoughts we have about ourselves will determine what

we are able to achieve because it will influence the choices we make and the actions we choose to take. Everyone has limiting beliefs about themselves, it's unavoidable... But we don't have to let them define who we are and we can, if we choose to, challenge these beliefs and empower ourselves to overcome our fears and rewrite our identity to reflect who we choose to define ourselves as, thus creating an identity for ourselves that CAN DO IT!!

If you would like to explore your limiting beliefs and find ways to challenge them so you can feel empowered and adopt a CAN-DO attitude, then call now to arrange your FREE no obligation 30-minute coaching call and discover just what you are capable of.

*if you missed the last issue you can find it here: <http://www.findyourphoenix.co.uk/press-cuttings>

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