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## CHANGE YOUR BELIEFS

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We pick up VALUES since an early age. Values are what drive human behavior. If strong, the Values, can move millions of people towards the same direction. When we have common VALUES with other people, we feel we are more connected, we feel we can trust them. Think of all the big moments in history and how leaders got entire countries to follow them? What values did they show? Were the values they shared with their population the same?

VALUES are very powerful and normally give birth to our BELIEFS. If my VALUE is TRANSPARENCY, for example, I might believe I should be telling my partner that I did forget to buy presents for our kids because I was too busy in the office.

BELIEFS can help us to achieve more, POWERFUL BELIEFS (such as I am a good parent and it just happened that I got too busy and forgot to buy a present for my kids, next time I will be more conscious) BELIEFS can also imprison ourselves LIMITING BELIEFS (such as I miss to buy gifts and I am a horrible parents and my kids do not love me). The scary thing about beliefs is that are like PLANTS and they grow only if we give them water. It is up to us if we want to water the plant with clean water or dirty water. For example, if each time I mistake a small thing about my kids (such as if today they had soccer instead of singing class) I tell myself that I am a horrible parent, I will likely BEHAVE like one. But why is that?

Because BELIEFS drive BEHAVIOURS. We behave how we believe we are capable to behave. If I believe I am good at taking care of my family I will behave in ways to make sure that my family feels good.

To wrap up with another personal example I can say that:

- One of my VALUES is FRIENDSHIP
- I BELIEVE I should always help friends when they need my help
- I will BEHAVE in ways to be present when my friends need me and I will make them my priority, until there won't be something that will have a stronger VALUE than friendship, such as my mother health.

## EXERCISE

The purpose of this exercise is for you to raise awareness on your beliefs, each time you use a SHOULD there might be a belief hidden behind. Yet, if you use a sentence cause/effect such as “every time I drive something bad happen, therefore I am a bad driver” you might have found another limiting belief.

Raise awareness on how you use your language and start writing down all the beliefs that you identify when you speak, then answer the following questions:

- What is the VALUE behind my belief?
- What BEHAVIOUR this belief leads to?
- How helpful is having such a belief?

Once you have completed the above step with at least 5 BELIEFS pick just one and follow the below instructions.

- 1) Write your LIMITING BELIEF, example “ I am a bad driver” and all the evidence that you are creating to back up your limiting belief, for example “ it took me 3 attempts to pass my test”.



- 2) To change your beliefs, question and challenge the evidence that backs up your limiting belief, look for the generalizations, check to see what is missing – essentially create doubt in your belief.
- 3) For each of your EVIDENCE write down 3 questions that you can ask yourself to challenge this belief. (SLEIGHT OF MOUTH) For example:

### **My partner tells me I can't drive**

- Does your partner know what makes a good driver? – does your partner drive?
- What else does your partner tell you that are incorrect?
- Does your partner sometimes tell you; you are a good driver?

As you can see once you start questioning your limiting beliefs you will start to create doubt which will lead to you changing your beliefs.

You need to ask yourself what is my limiting belief stopping me from doing? Is my limiting belief doing more harm than good? If I had a new belief or could change a limiting belief would this help me move forward? Would I be happier? Would I feel I have more choices?

**Take your limiting beliefs and update them, giving yourself a new opportunity.**

4) Make a table with your limiting belief and your updated belief, like example below:

Limiting belief:

- I always make mistakes.
- Life is hard.
- My relationships never work out.

Updated belief:

- I always learn from anything that does not go to plan.
- Life is full of challenges that help me to move forward and grow
- I will have a good relationship once I meet the right person for me.

5) Now you have a list of new beliefs, but beliefs only work when we truly believe them so record your new positive belief and look for evidence to back up your belief.



Your beliefs are powerful, as you already know you will search for evidence to back up your beliefs; be certain that your new beliefs have a positive purpose, re-read your new beliefs and say them out loud. Imagine yourself living your new beliefs feeling more positive about moving forward.

## EXERCISE 2

Listen first to this video and then complete this exercise.

[https://www.youtube.com/watch?v=akukonfG-fs&list=PLfUikSuaN-  
jdpCCe0dNJHESxPmyvSitp&t=0s&index=26](https://www.youtube.com/watch?v=akukonfG-fs&list=PLfUikSuaN-<br/>jdpCCe0dNJHESxPmyvSitp&t=0s&index=26)

1. Which of these beliefs you believe the most and why (see evidence of previous exercise)?  
*Ex. "I am capable of anything". When I set my objectives, I always fall through. I have shown to have the stamina needed to overcome any obstacles. This year I made new and important decisions and even if they were new I still made great choice.*
2. Which behaviors is this belief triggering? *Ex. I am not scared of new things. I set very high targets for myself. I am normally very relaxed and live a life with not much anxiety.*
3. Which of these beliefs mentioned in the video I still do not have, but I would love to embrace? *Ex "kindness always wins".*
4. Find at least 3 examples of how you could benefit from this belief in your life. *Ex. If I am kind to people I know I will get something good in return. When I am kind and do well to someone, I will have improved a bit the world I live in and this is ultimately my scope in life. If I am kind to people, I will release more oxytocin which is more beneficial for my body than releasing cortisol.*
5. For 7 consecutive days adopt this belief and do things that support this belief.
6. After these 7 days, write what you have learned by doing this exercise.

**How many other powerful beliefs there are out there that if adopted could improve your life?**