

What Are Your Beliefs?

Beliefs are incredibly powerful forces that live within us. They are the engines that power and guide all that we do. Often, our beliefs are working in our lives unbeknown to us. We may find ourselves wondering why we do certain things or behave certain ways, not knowing it is one of our internalized beliefs in action.

Becoming conscious of our beliefs is a valuable exercise in insight. It shines a light upon our values, standards, and desires. Consciously uncovering our beliefs reinforces how we are choosing to live our lives each and every moment of the day. They reinforce who we are and ground us in knowing ourselves. Highlighting our beliefs can also unlock a mystery as to why we live our lives a certain way, and sometimes a belief may be one that we choose not to possess once it is revealed.

In doing this exercise recently, I jotted down several of my beliefs. While most were positive beliefs, I was nothing short of shocked to see the following belief come from my pen, "I will never be a huge financial success." I was stopped in my tracks. As much as I did not want to believe this "fluke", I realized that I spent most of my life fulfilling this internalized belief. Now that I am aware of it, I have begun to take the necessary steps to eliminate it from my system, for a life of scarcity no longer serves me.

What are the beliefs that guide your daily life?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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