

Welcome To Forward Momentum Coaching

In this FMC Top Tip we look at **LIMITING BELIEFS**



Our beliefs are the roots of the tree. We do not see them, but they shape our thoughts and actions constantly. If a tree's roots are strong they will survive a harsh Winter. As leaders, it is essential that we know our beliefs and more importantly our limiting beliefs.

To know what is driving our actions and non actions moves us to a place of choice. In this place we get to decide if we will keep doing the same thing, and get the same results, or do something different. In order to do something different, what new beliefs do we firstly need to take on board?

I Am Not Enough. It has been said that one of the most common limiting beliefs of the human race is "I am not enough". Some extensions of this would be:

- ◆ I don't have enough experience
- ◆ I don't have enough skill
- ◆ I don't have the qualifications

At FMC we have worked with Leaders who are truly inspiring and have a natural ability to motivate their staff but feel unworthy and doubt their ability. Their internal dialogue is something along the lines of the above limiting beliefs.

K.I.S.S. Face the limiting belief head on and then change it! Create a new, empowering belief, that will enable you to match your thoughts to your goals and lead you to take action that feels great as you continue to grow and develop.

Empowering Beliefs: "I will move through this journey of growth and development with an attitude of gratitude for all I experience along the way." This belief recognizes the need to gain more skills, and yet it supports constant action and gives us permission to say "I don't know - YET."

5 Top Empowering Belief Tips

- First, write down all limiting beliefs
- Now write a new, empowering belief to the side of each limiting belief
- Now (in a 3rd column) write a super charged empowering belief
- Know your new beliefs and take them on as your new focus (your brain doesn't know the difference between real and made up!)
- Be bold and daring. If you can conceive it you can achieve it