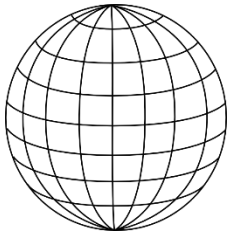
Types of beliefs

Beliefs – we all have them, but how many of us have stopped to think about what they are or even understand what a belief is? A belief is merely a convenient assumption – stuff we've made up along the way.

They are possibility filters, survival mechanisms to help us make sense of the world. In the end all that matters about your beliefs is:

Are you beliefs getting you the results that you want?

Now is the time notice some of your beliefs…



Global Beliefs

eg – all bosses are, life is, relationships are, work is…

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Identity Beliefs

eg – I'm a… mother, [insert job title here], footy supporter

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Values Beliefs

eg – health & vitality, so I run each day

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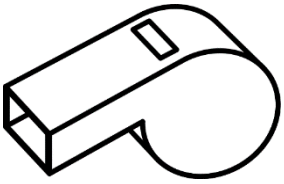

Rules Beliefs

Preceded by should or shouldn't eg you shouldn't spit/swear

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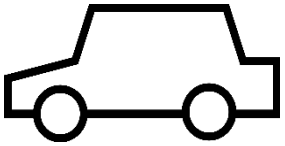

Vehicle Beliefs
I can only be an x, cos I only have 1 vehicle.

How did discovering some of your beliefs change what you think about them?

Notice that a change in one belief can have profound change on your confidence, thinking and life. What is one belief that you have that you no longer think is serving you to be the person that you want to become?

Take action challenge:
Pay attention to your beliefs, especially the one (or ones) that you identified as not serving you in a resourceful way.

Change your thinking about that belief and recognise it for what it is – a limiting belief – one that is holding you back from your ultimate version of YOU.

Pay attention to how it plays out in your life. Create a focus that whenever you notice it influencing your thinking, to STOP. Take a moment. Remember that that belief is one that is holding you back and take action to change course.

What did you notice? What did you do differently?
