

# What Beliefs Do You Have Filed Away?



## Eliminate Limiting Beliefs

You can have anything you want in life ... but do you believe it?  
How do you hold yourself back?

Your life is a reflection of your beliefs and perceptions- your external world reflects your internal world.

Our brain can't deal with all of the information we are exposed to, so it has it's own internal filing system and determines what it needs to file away, or throw away.

"If you get the inside right,  
the outside takes care of itself"

Eckhart Tolle

It does this based on what beliefs we have formed. Now this isn't our conscious mind making sense of all of this, it's our unconscious or subconscious mind, and our Reticular Activation System (RAS) is the filing system - it filters information based on our beliefs, perceptions and the programs we're running. These form a lense through which we see our life and interpret events and give them meaning.

So your RAS sifts through the information presented to it and only presents the pieces that are congruent with what you believe, perceive or have programmed your mind to think. Your RAS is then looking at life through this lense to seek events to validate your beliefs, and in some cases, you end up creating events in your life to prove your beliefs!

So there are three things we can do:

- Firstly clean the lense - identify and reprogram beliefs.
- Secondly it is about getting the learnings from the challenges we have experienced in our life, after all they came into our life to make us grow or strengthen something about ourselves.
- Thirdly, we are going to install a new picture of how we want life to look so that we keep sending the unconscious mind a visual of what it needs to search for in life.

In this module we are looking at identifying what limiting beliefs and perceptions you have.

## How Beliefs Are Formed

Our beliefs are typically formed from the ages of 0-7, and it's how we create a kind of rule book when we're young to keep us safe and out of trouble. For example, if you ever put your hand up in class when you were young, and get laughed at for giving the wrong answer and then you decided "I'll never speak up again because it's not safe to give my opinion"?

However, now that we're adults we don't need the same rule book, but guess what's still running the show! So we keep running the same programs or patterns in our life but they are no longer serving us. However, this rule book is firmly stored away in the subconscious mind and is directing our conscious thoughts, actions and behaviours and ultimately the results we get in life. They almost become like a self fulfilling prophecy and can cause us to sabotage our careers. For example, if you have a belief that nothing good ever happens for you and then something good happens in your career like a promotion, it is highly possible that without even knowing it, you could then do something to sabotage your performance and put your promotion at risk - all in order to keep you safe and prove that belief is still relevant. Tricky little things aren't we!

I've seen people who have the belief that life isn't meant to be easy and are constantly creating chaos in their lives to prove their belief. This can all come back to language as well so pay attention to what you keep saying, especially if you find yourself saying "My job is killing me" ..... have you been guilty of that one?

So we need to pay attention to the little voices we hear that are directing our behaviour and make a note of what is being said.

## Time To Get Weeding

Put a tick next to any of the following that you recognise are going on for you:

- I'm not experienced enough
- I'm not qualified enough
- I might say/do the wrong thing
- People aren't to be trusted
- I don't know what to do?
- I'm not confident enough
- I'm not worthy
- I'll get in trouble if I take a risk
- Something bad always happens
- I'm just not good at .....
- I've never done this before
- I'm not as good as .....
- There will always be someone better at this than me
- I'll just end up letting people down
- I don't know the right thing to say
- People might disagree with me and I avoid conflict
- I lack self confidence
- I'm scared of asking for money
- I'm afraid of rejection
- People will judge me
- It's not safe to speak up
- It's not safe to be me
- I need to be liked

Over the next week, pay attention to what your inner voice is saying when you are stopped from taking action or doing or saying something you really want to. Write down any other limiting beliefs that you notice are true for you:

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Spend some time looking back at your life and make a note of any negative patterns that keep recurring. Go to that time when you stopped yourself from being how you wanted to be, or doing what you wanted to do and hear what you heard, see what you saw, feel what you felt. Write down whatever comes up for you.

Event 1: .....

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Event 2:.....

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Event 3:.....

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Remembering that perceived challenges come into our life to help us strengthen or own a characteristic, what do you think these experiences are here to help you learn?

Event 1: .....

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Event 2: .....

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Event 3: .....

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Finally, go back over the (honest) reasons why you have left all of your previous jobs? Looking back, what lesson did you need to learn in that situation? Remember, if you don't learn the lesson, it will just pop up in another job ie. you didn't have a voice at work, or you didn't speak up to your manager.