

Shifting to a New Belief

Roadmap

Too often, we get caught up in our own psshshy beliefs and the thoughts that flow through our mind just ground them in deeper.

Try these 3 steps to shift your psssh

Step 1

Current belief eg *I am not smart enough to get a promotion/run a business/apply for the job or best stay with this person as I don't deserve better/better to stay with what I know than don't know.*

Step 2

Now you get to pull it apart. Lets use the example above and ask yourself the following questions

- *Is this from me or another person?*
- *Can I learn a particular skill to support me in gaining the promotion/opening the business?*
- *Is that word worm really true?*

Step 3

Let's put something better in play - new belief time

Come up with a new word that reflects what you want to believe. Examples are below

- *I am skilled enough to apply and can write perfect selection criteria responses*
- *I am capable of speaking confidently at the interview*
- *Opportunities to be paid more always show up for me*
- *I meet amazing people and have positive relationships with others*

Now write the new belief and say it to yourself as you wake up and fall asleep at night.

This is how a new belief is created.