

## Tackling limiting beliefs

Fiona Harrold, in her book "Be your own Life Coach", has an exercise that you may find helpful in dealing with some of your own negative self-beliefs. Here is the exercise in summary:

1. Take ten minutes to brainstorm all the beliefs you have about everything, big or small.
2. Divide the beliefs into two separate lists - one for empowering beliefs and one for disempowering beliefs.
3. Underline the three most powerful beliefs in each list, and notice how much effect they have on your life and how the disempowering ones have held you back or caused you unhappiness.
4. Now is the stage to disarm the disempowering beliefs. Look at the three most negative and disempowering beliefs and ask yourself the following questions about each of these negative beliefs:
  - a) How is this belief ridiculous?
  - b) Who did I pick it up from?
  - c) Do I still revere this person as I once did?
  - d) What does this belief cost me on a daily basis?
  - e) What will the long-term cost be if I don't let go of this belief?
5. The final step is to take each disempowering belief and replace it with the opposite belief. For example if one disempowering belief is "I'll never be good enough to make this business work", replace it with "I have all the skills and am gaining the tools and experience to make this business a success"

You can use this when coaching clients as well.