

Disrupt Your Beliefs

Who are you?

What do you believe?

We all have positive things that we believe in, and live by, but unfortunately many of us have negative or self-limiting beliefs too. Can you recognise them?

Are you open to exploring and discovering your own self-limiting beliefs?

Are you open to new possibilities, previously thought impossible?

What will it take for you to change some of your beliefs? Would you require proof, evidence, or need to trust someone's opinion? Do you need to test and validate new ideas and beliefs yourself?

As children it is natural to take on the beliefs of our parents and educators. As we grow older we may challenge and change some of our beliefs, however many are ingrained and have shaped "who we are"...

But what if some of your beliefs are doing you harm. What if they are untrue?

Let me ask you this: How far would you go to overcome a physical handicap? If you have trouble seeing, you would look into getting some glasses or laser surgery. If you had knee pain you would seek a physio and perhaps have surgery to be able to walk again. You would do whatever it takes.

Lifting a "**belief handicap**" from your mind, I believe, can have a dramatic impact on your life. For some it can be the difference between living in fear and poverty to living in health and prosperity.

Your mental health is so important for overall health and prosperity, yet how often do you have a 'check-up from the neck-up?'

In this exercise, let's uncover any negative or self-limiting beliefs across common themes, that could be holding you back.

Instructions: Place a tick in the boxes to the following questions and write down your own beliefs in the space provided for the following categories and themes.

What do you believe about men?

Example Statement	True	False	Maybe?	Comment
Men are strong?				
Men are bossy?				
Men are smart?				
My Belief:				

What do you believe about women?

Example Statement	True	False	Maybe?	Comment
Women are just as smart as men?				
Women are soft and tender?				
Women should get paid less than men?				
My Belief:				

What do you believe about love?

Example Statement	True	False	Maybe?	Comment
Love leads to loss and heartbreak?				
I love to be loved?				
No one could ever love me?				
My Belief:				

What do you believe about sex?

Example Statement	True	False	Maybe?	Comment
Sex is fun				
Sex is only for marriage				
Sex is painful				
My Belief:				

What do you believe about work?

Example Statement	True	False	Maybe?	Comment
Work is boring				
Work is a necessary evil				
Bosses are mean				
My Belief:				

What do you believe about money?

Example Statement	True	False	Maybe?	Comment
There is never enough for me				
I'm afraid of money				
Money is for spending				
My Belief:				

What do you believe about success?

Example Statement	True	False	Maybe?	Comment
Success is out of my reach				
Only rich or lucky people are successful				
I succeed at little things				
My Belief:				

What do you believe about failure?

Example Statement	True	False	Maybe?	Comment
When I make a mistake I am a failure				
Failure means doing it wrong				
Failure is something to learn from				
My Belief:				

What do you believe about god / spiritual?

Example Statement	True	False	Maybe?	Comment
God / The universe loves me				
I am one with God / The universe				
I am afraid of God / The universe / spiritual teachings.				
My Belief:				

Well done. That is a huge effort! Let's keep going...

Have any other beliefs come to you that you think may be holding you back?... If so write them down...

Detective & Analysis Questions

Thinking about your most intriguing and stand-out responses from the previous section, explore deeper with the following questions. Be sure to register fully (self-awareness) any breakthroughs or ah-ha moments you may have.

Why do you think certain beliefs are holding you back?

Are they outdated beliefs formed a long time ago?

Are they of no use to you anymore?

Have you proven them to be false?

Do you know or look up to the source of your beliefs? (e.g. parents?)

Bonus question: What do you believe to be true that is unpopular or that others don't agree with?

To assist in uncovering your beliefs it can be useful to meditate or try a visualisation exercise to encourage your beliefs to come to the surface for you. Visit the members' area for guided audios.