

11 January 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Beliefs - Helpful or Hindering?

We all have beliefs, which are put on to us from an early age. Our experiences at school and when we are young either confirm those or challenge them. As we get older, we will really fight some of those views & develop our own opinions. This isn't to say that they are right or wrong, just the conclusions we have come to. Some are good for us & some actually hold us back. This week, I'd like you to challenge one of your beliefs each day & record where it comes from, if it's good or bad for you and whether it can be reframed. Examples - 'I have low self-confidence' or 'People talk behind my back' or 'They don't like me'.



Monday - What belief am I challenging? Where does it come from? Is it true? How do I know that? Does it serve me? If not, how can I change it?

Tuesday - What belief am I challenging? Where does it come from? Is it true? How do I know that? Does it serve me? If not, how can I change it?

Wednesday - What belief am I challenging? Where does it come from? Is it true? How do I know that? Does it serve me? If not, how can I change it?

Thursday - What belief am I challenging? Where does it come from? Is it true? How do I know that? Does it serve me? If not, how can I change it?

Friday - What belief am I challenging? Where does it come from? Is it true? How do I know that? Does it serve me? If not, how can I change it?

Saturday - What belief am I challenging? Where does it come from? Is it true? How do I know that? Does it serve me? If not, how can I change it?

Sunday - What belief am I challenging? Where does it come from? Is it true? How do I know that? Does it serve me? If not, how can I change it?