

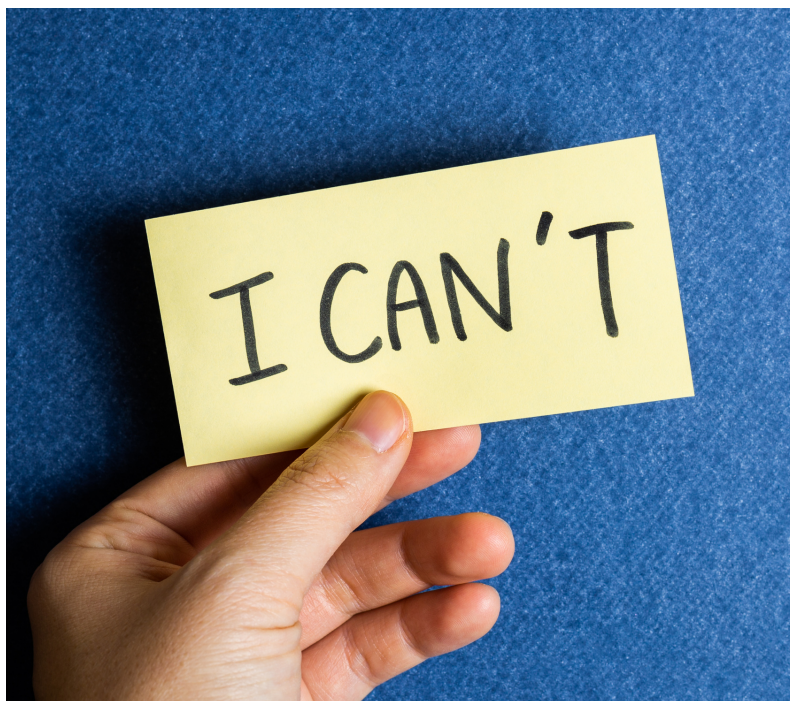
SELF-BELIEF

Self-belief has a lot to do with how much you believe in yourself and your ability to achieve your goals. It's all about believing that you can do whatever you set your mind to. We'll go through two main areas of belief: **1) Limiting Beliefs.**

2) Empowering Beliefs.

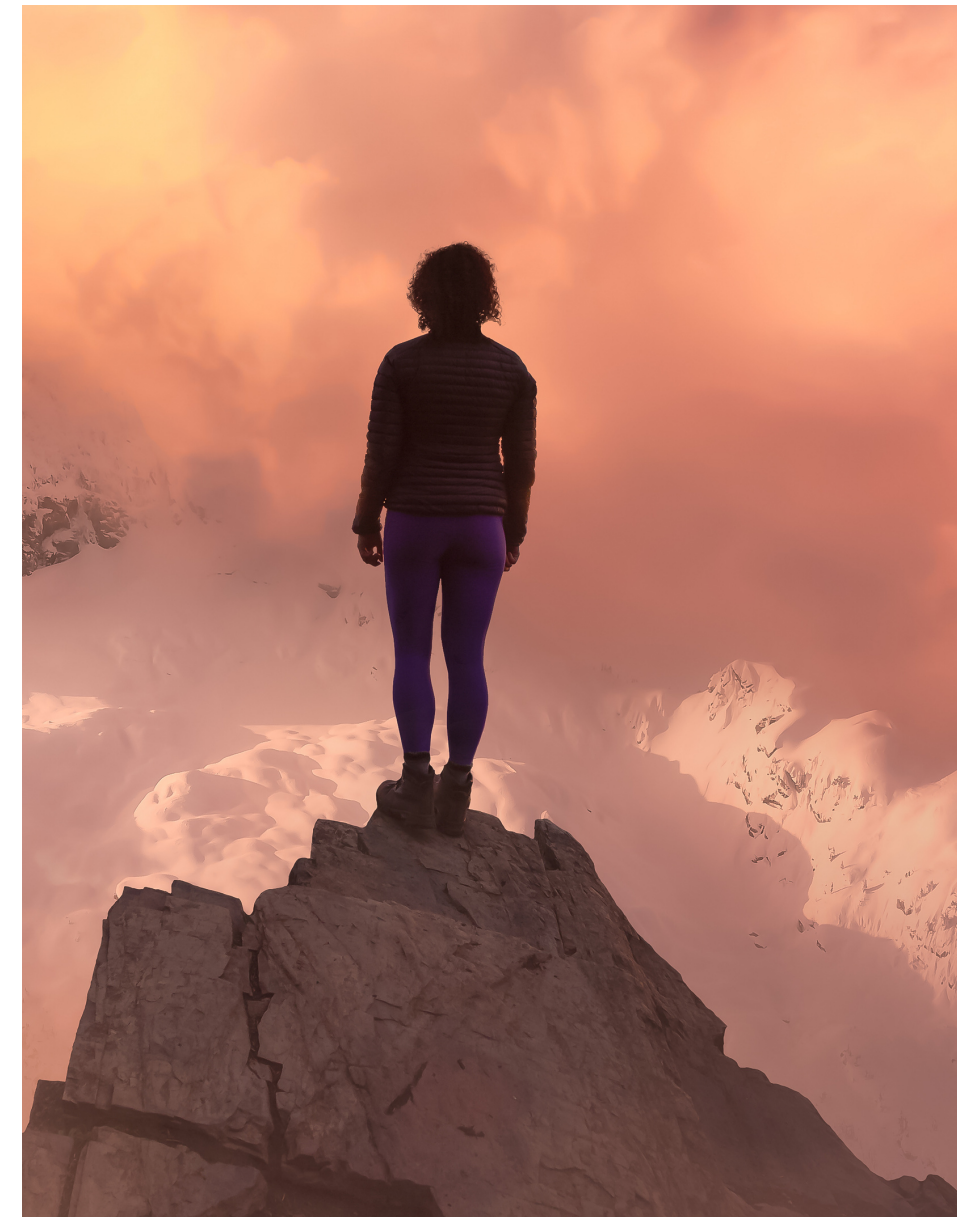
LIMITING BELIEFS

Having limiting beliefs can often stop you from doing the things you want to do. You might not even realise you're having limiting beliefs until you start listening to how you're talking to yourself. We all experience limiting beliefs from time to time, but by learning how to recognise them, you can push past these beliefs and begin feeling confident enough to achieve your goals.



Have you ever said to yourself "I'm not good at this so I shouldn't try it again"?

These thoughts come from inner fear and negativity, and listening to these thoughts can often stop us from trying again or starting something new. Everyone has these thoughts from time to time, no matter who they are. The best way to defeat limiting beliefs is to recognise them when they happen and flip them around to something positive.

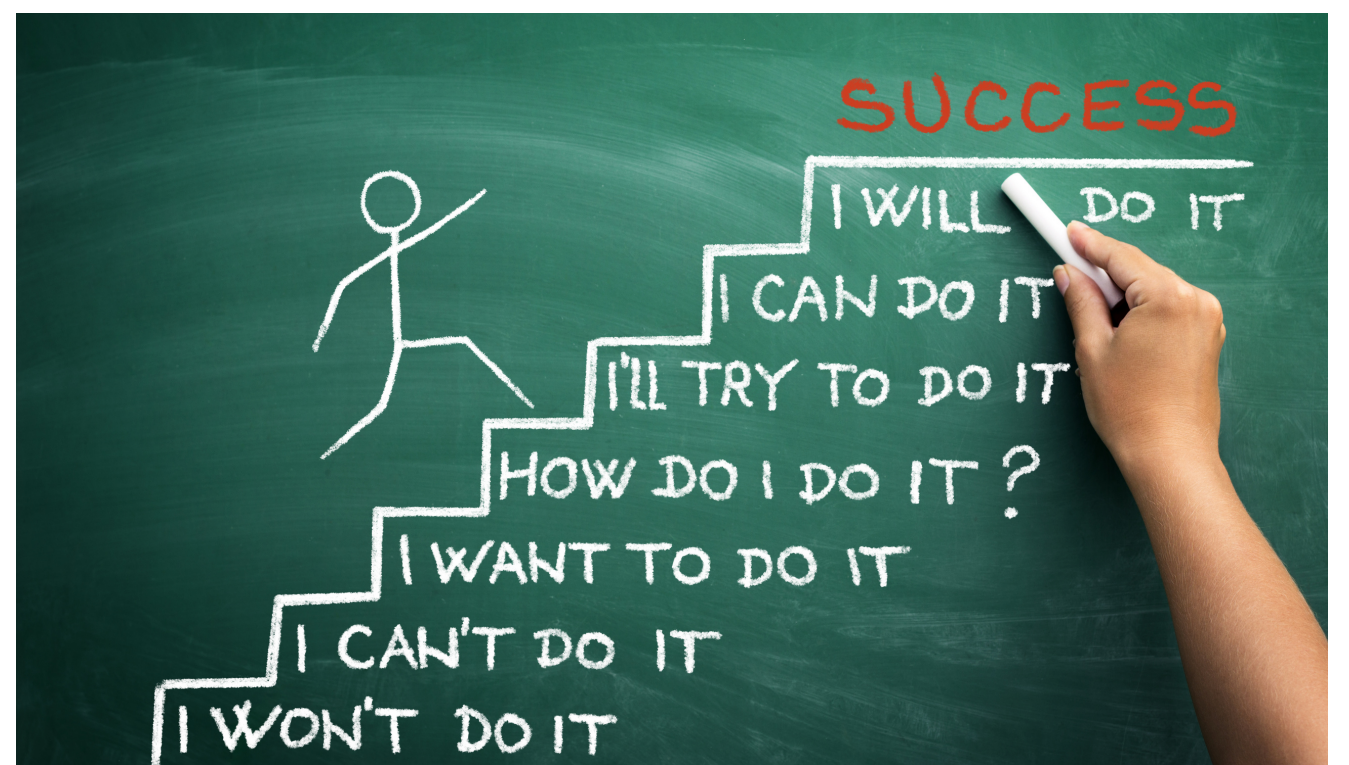


Top Tip: Defeat limiting beliefs by writing down your thoughts. Think about why you might be saying this to yourself, and then turn the thought around to a more positive thought.

EMPOWERING BELIEFS

An empowering belief is the opposite of a limiting belief. These beliefs are much more encouraging and help us to feel motivated and feeling good about ourselves. The more we tell ourselves positive thoughts, the better we'll begin to feel. These positive beliefs are called 'Positive Affirmations', which you can start to practice to start feeling more confident and ready to achieve your goals.

Top Tip: Choose 3 of the positive affirmations below and start saying these to yourself every day to start getting into the habit of thinking this way. Look into a mirror and repeat the affirmations.



INSTEAD OF SAYING THIS

- ✗ I'm too old or too young
- ✗ I just can't do it, it's far too tough.
- ✗ I'll never be one of the best
- ✗ I'm not talented enough
- ✗ I don't have enough experience.
- ✗ I'll never be successful
- ✗ I'll never be good enough
- ✗ I just don't have enough money.
- ✗ I don't have enough time.

TRY SAYING THIS

I'm **NOT** too old or too young.
 I **CAN** do it. It's going to be tough but I **CAN** do it.
 I **WILL** be one of the best.
 I **WILL** become talented enough.
 I **WILL** gain enough experience.
 I **AM** going to be successful.
 I **AM** good enough.
 I **WILL** work hard to get enough money.
 I **WILL** make time to do it.
 The past **DOES NOT** define who I am.
 I **ACCEPT** I will make mistakes but I **WILL** learn from them.

Change doesn't happen overnight, so it's important to repeat these positive affirmations to create new, healthy habits over time.