



Power within Coach

10 Steps

To

IMPROVING YOUR SELF BELIEF

HOW TO BECOME THE TRUE YOU

Step One

Negativity will get you nowhere. If you continually talk in negatives and continually hold on to negative beliefs about yourself, then you will become that negative person. Start by becoming aware of your self talk, is it saying, I am no good at this, I can't do that, I will fail, I will never be successful, I will never have a great job, I will never amount too much, I am not clever enough, I am not pretty/handsome, I am fat, I am short, I am ugly, I hate myself, no decent man/woman will want me. Stop now! The unconscious (subconscious) mind hears everything as a positive and will therefore believe everything you believe about yourself to be something you want. Now if you consider this seriously you will see how precarious it can be. By concentrating on what you don't want you are attracting more of what you don't want. If you constantly live with these negative thoughts and beliefs, eventually this will impact upon your mental state and also your immune system, creating health issues. Once you realise how negative beliefs can have such an impact, then you will understand the importance of having positive beliefs. Becoming aware of your thoughts, is the first step. As soon as you sense a negative thought, pinch yourself hard on the arm, then replace with a positive thought. Doing this every time you have a negative thought will act as a trigger and allow you to become more aware and to take control of your thought patterns.

Step Two

Monitor your **Self Talk** and replace negatives with positives. When you feel you won't succeed, tell yourself you will succeed, if you want to be slim, tell yourself you are slim, if you feel useless tell yourself you are brilliant and can achieve anything you desire. The only thing in this world that you have total control over is YOU! Others can only make you feel unhappy, hurt, or sad if you allow it. You are in total control of your thoughts, your beliefs and your values, no one else can make you do, think or believe anything. If you are anxious about a task ahead, visualise yourself ten minutes after completion, see yourself satisfied, happy and elated. This will increase your confidence and keep you motivated to succeed. If you continually think you will fail, then you will fail. If you continually think you will succeed then you will succeed. You have heard the story of Roger Bannister and the four minute mile. The power is within us all. How often have you said "well I will try"? Think about what this really means! Look around you now, find an object on a surface, now TRY and pick it up! You see, there is no TRY, you either pick it up or you don't. Don't tell yourself you will TRY, tell yourself you WILL!

Step Three

Life is all about **Choices!** You can choose to be positive or negative. What are you choosing? Every morning when you awaken you can choose which thoughts to keep and which to discard. If a negative thought pops into your head, instantly remove it and replace with a warm lovely thought of happiness. Before you put one foot on the floor, tell yourself, 'today is going to be a good day'. This does work! Or does it sound too good to be true? If you were to think of a very very sad moment from your past right now, hold that image and re live it in your mind, you would probably have tears. That is the power of your thoughts. This is how actors show emotions that are so convincing. So if you think of a fantastic happy moment right now then you will feel great! Thoughts come before an emotion, therefore, if your mood is low, it is due to your thoughts. Can you remember a time when you spent a whole day in a bad mood and at the end of the day when you got home, you said 'I don't know what was wrong with me today I was so miserable but did not know why? This is the power of thoughts. Now that you are aware of the power of your thoughts, the next time you are in a bad mood, stop for a moment, take some time, really look deeply inside, examine your thoughts, dig deep and you will soon be aware of the thought patterns that created your bad mood. Once you know, you can then adjust these thoughts to provide a more positive outcome, and your mood will instantly lift.

Step Four

Affirmations are powerful tools that can change your outlook. When reciting affirmations, look in the mirror to make them more powerful. Repeat them last thing at night and first thing in the morning. You can adapt affirmations to suit your circumstances, such as **“I am unique, brilliant, and can succeed”** or **“I am slim and beautiful”** or **“I am confident, calm and in control”**. By continuing to tell yourself the likes of the above, your unconscious mind soon comes to accept this as new behaviour and you will very soon be the person you want to be. If your negativity can give you low self-esteem then your positivity can give you high self-esteem. By repeating affirmations continually you are re – programming the mind. Have you ever gone out for an evening and it’s all gone wrong, at the end of the night you have said to yourself “I knew tonight was going to be a bad one”. Of course it was, because you expected it to be, you told yourself it would be. Now can you think of a time when the opposite happened? Once you become aware of the power of your own mind your life will begin to change. After a while you won’t need to repeat the affirmations because you will come to believe them. You will know when this moment arrives and when it does then you have mastered how to control your mind.

Step Five

Do you worry what **others will think of you**? Do you worry that you will be seen as incompetent, useless, unskilled? Remember this...

'What anyone thinks is none of your businesses'. You can't mind read, therefore, don't waste your precious energy creating stories in your head. In the grand scheme of things it does not matter at all what anyone else thinks of you? What matters is what you think of you. Because, quite simply, if you believe in yourself, if you feel confident about yourself then everyone else around you will see you as exactly that. If you want to imagine what someone is thinking, then imagine they are thinking how brilliant you are and how confident you are. How you perceive yourself is what you project about yourself. Have you ever met someone and picked up a bad vibe? As humans we do give off vibrations, if we feel great we vibrate this outwards if we feel awkward we do the same. Stop concentrating on what others think and concentrate on you. Do things because you want to do them, not to please someone else. You are not responsible for what anyone else thinks of you, you are only responsible for what you think about yourself. This is not being selfish, I am not saying do not care about others, what I am saying is you need not concern yourself in trying to mind read, because you will never succeed, instead use that energy to improve and control your mind.

Step Six

We all suffer from **Self Doubt** at different times in our lives but for some of us it can be more than just occasional. Once you realise you have self-doubt then you can consider the circumstances that are leading you to feel this way. Think back to a time in the past when you doubted yourself and yet you achieved great success. How did you feel then, how did you overcome your self-doubt that time, what motivated you to continue. Ask yourself what you have to gain by doubting yourself, could it be that the self-doubt is due to the fear of stepping out-side of your comfort zone. Then ask yourself is this truly fear or is it excitement of the unknown? Or is it laziness, is it easier to just believe you won't succeed and therefore why bother. Determine the reasons behind the self-doubt and then you can put a strategy in place to overcome it. So if it is fear of stepping outside of your comfort zone, imagine how you will feel if you don't do it, will you always wish you had, will you always regret not doing so? It is far better to regret doing something that to regret not doing something. Do you fear failure? There is no failure, there is only feedback, if you do something that does not work out, you have learned something from that experience, if you have learned something then where is the failure? Examine your thought process to find the real reason behind the self-doubt, then you will be able to change that thought process and reach a more positive outcome.

Step Seven

Visualisation exercises are a powerful tool and can be anchored to a pressure point on the body to create a positive state of mind. There may be times when you get very anxious and nervous, for instance before an interview, or on a date, or presenting to an audience. This exercise can be used to suit your own needs, the more you try it the easier it becomes.

Decide how you want to feel right now either Happy? Relaxed? Excited? Motivated? Calm?

Choose any positive state you wish to be in!

Now close your eyes and remember a specific time, when you felt really (*your chosen state*) Good!

Now, go back to that specific time in your mind, float down inside your body and looking through your own eyes, see what you saw, hear what you heard and feel the feelings of being really (*your chosen state*). Enjoy the feelings for about 15 seconds and when the visualisation it is at its highest peak, gently squeeze your earlobe or press on a knuckle, hold for a few seconds and really take in the image, make it panoramic and full colour. Once the image starts to dim, release and open your eyes. You have now created an anchor. Test now by touching your Anchor, you will see that the chosen state is initiated upon contact. You can top this up to keep it powerful and strong. You can now use this as an anchor anytime you need to re-create this state, you can use different anchors for different desired states to suit you.

Step Eight

We all have set backs to deal with and at these times it can be difficult to overcome **negative thoughts** and beliefs. Your self-talk at these times can be very negative and encourage you to concentrate on how bad things are and believe that things will get worse. You will see nothing ever changing and believe that life is worthless, it is hard at these times to find positivity, however there are always two sides to everything. For instance if a relationship has ended, then yes you will feel sad and it's ok to grieve but not to wallow and feel sorry for yourself for weeks and months on end. In the first few weeks allow yourself to let go and don't suppress any emotions. Then as things get easier, start to change your thought patterns, don't see this as an ending but see it as a new beginning. You would have learned something from this relationship, see this new beginning as exciting, keep busy and make plans, take up every opportunity that comes along, even though socialising is the last thing you want, force yourself to go. Keeping your mind active and your thoughts positive will get you through the worst times more quickly than sitting miserably alone. Pretty soon you will be enjoying life again. In any type of setback, it really is only a matter of time, but you can speed up the process by keeping your thoughts on a positive level.

Step Nine

People who are self-confident have indestructible self-belief and will not allow anything to take away their self-belief and self-worth. They will not tolerate negativity and will remove themselves from such. They will overcome setbacks and bounce back time after time. They are not lucky people, they are not gifted, they chose! We all have that same choice. Life is not a bed of roses and we all have issues and dilemmas to deal with. It is *how* we deal with them that makes the difference. We were not born with low self-belief, it was learned and therefore it can be un-learned. You learned it unconsciously over time and it then became your behaviour. You can now consciously un-learn it! Only you have the power to do this and the tools here will help you. Stop looking outside of yourself for answers instead look inside and find your inner self. One of the prime concerns of the unconscious mind is to preserve the body; you owe it to yourself to be a positive confident person and to achieve everything you desire in this life. We all have the same power within but not all of us take advantage of it.

Step Ten

When we lack belief in ourselves, we feel low, it is easy for us to feel hard done by, to feel put on, and to feel everything is going wrong and that everyone is against us. At these times take a moment to think about all the good in your life. For example, good health, good job, a good income, a lovely house, a loving relationship, a healthy family, good friends, fitness etc etc. There are numerous reasons to show gratitude and to be thankful for all that you have. There will always be someone worse off than you, so be thankful for all the good around you. Every day when you awaken, say thank you for all of the good things in your life. Recognising all of the positives in your life every morning and showing gratitude for those gifts will enable you to start your day off with the most powerful positive energy. You will soon awaken every morning in a positive state and your life will start to change for the better. Instead of living under that black cloud you will now be under the bright blue sky where anything is possible. Change your thoughts and beliefs and you will change your life. Concentrate on what you want and forget about what you don't want. The power of the mind is magnificent, you can use it or you can abuse it.

Harness the power within and make your thoughts work for you, not against you!

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