



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.5, Issue 5, May, 2008
The Year of Gratitude

Changing Your Beliefs

Are you aware of what you believe about yourself? Many of us have beliefs about our body image, our personality, our preferences, and our upbringing. These beliefs are usually formed early on and remain with us for much of our lives. That is, until something forces us to examine what we believe.

Several years ago, I read a book by Farrah Gray. Farrah's family grew up in the inner city of Chicago and despite what some would call his "fate" he became the world's youngest millionaire at age 14!

Farrah's family was headed by a single mother who believed in living by your values. Their family values included respect, hard work, inspiration, spirituality, gratitude, a desire to better themselves and the will to never give up. They knew that giving up at any point was their demise.

Farrah's family endured many days "where the only thing in the refrigerator was the light that came on when you opened the door."¹ During those times, they had to become very creative. Farrah learned about creativity through observation. He watched everyone intensely and asked a lot of questions. He understood that to get ahead, you had to use your head. He did not have the convenience of waiting for someone to tell him what to do next. He knew he had to learn as much as he could from those that had achieved what he wanted for himself and his family.

One day, Farrah overheard his mother telling a friend that the only way things would change is if she changed them. Farrah took this to be the legacy his family gave him. He knew each of us is the center of change in our lives. Change begins with what you believe about yourself. If what you believe doesn't get you what you want, you must evaluate what you believe.

"Magic is believing in yourself, if you can do that, you can make anything happen."
Johanne Wolfgang von Goethe

© 2005-2008 Cultivating Change, LLC & Renée Canali, Life/Mindset Coach. Featured author in 101 Great Ways to Improve Your Life Vol. 2. Visit www.landofpossibility.com to subscribe to this complimentary monthly newsletter. All rights reserved. This newsletter may only be reproduced with copyright statement and credits in tact.

1. Reallionaire by Farrah Gray. Pg.7



GROWTH ACTION PLAN FOR May 2008 ©

Renée Canali, Life/Mindset Coach 866-337-2728

Here is an exercise to help you evaluate your beliefs and begin to understand what changes you can make to alter your rate of success.

Part 1 Identify your strongest beliefs:

Write down 10 things you believe about your life right now. It may be about your health, your job, your relationships, your finances.

Part 2 FLIP the picture:

Next to each belief you wrote down, write down 3 reasons NOT to believe what you wrote.

Take the top 3 beliefs and find evidence that your belief may not be reality.

Part 3 Changing the Belief:

Choose one of the beliefs that has strong evidence that it is not true. How would your life be better if you believed differently about this?

If you changed this belief, what other benefits would you realize?

Part 4 Making the Change:

Determine what you would need to do to change this belief. Who would support you in making this change? Steer clear of those that may sabotage your change (even if they are well intentioned).

What is the most powerful result you could realize from changing this old belief? Why do you deserve this?

Congratulations! You have begun to discover how much power your beliefs have on the results you achieve. When you examine your beliefs in this way, you can see how those beliefs are actually stopping you from achieving what you truly desire. You are the only one responsible for the results that you get. When your results are less than desired, you must change something. Begin by changing an old belief.

To succeed, we must first believe that we can. Michael Korda

Go here to ask your question about beliefs: www.landofpossibility.com/question.html

For things to be different you have to cultivate change. Take action ! Contact Renée at Renee@landofpossibility.com or call 866-337-2728. to experience a sample coaching consultation.
All rights reserved. This may be reproduced with copyright statement and credits intact.