

**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Mindset Coach Vol.5, Issue 8, August, 2008**  
*The Year of Gratitude*

**Believe Your Way to Success**

Many of you participated in the Belief Survey or the Belief teleclass recently. You posed many excellent questions, with one of the most asked questions being “How do you change a belief?”

My position is that you can change a belief, but it is less efficient than if you change what you believe. Let me say that again differently: You can change a belief or you can change what you believe. For me, changing a belief you already have and that may have been around for years is like moving a mountain of dirt with a teaspoon. The length of time it takes to change something so ingrained in your mindset would prohibit you from seeing movement or results.

I find that changing what you believe helps you focus on the incremental steps to take as you fill the gap between what you currently believe and what you need to believe to get the results you are looking for in life. You may want to feel more confident about your abilities or to take on a new role in life.

For example, Troy believes he cannot spell. He remembers feeling this way since grade school. He froze up when he had to write essay answers on quizzes or exams all through school. Years later, he still hesitates when preparing a written draft, a memo or an instruction document on the job. His computer has programs that check spelling, but he doesn't rely on them. Instead he just accepts he will never be able to spell.

Recently, he found many spelling test papers from elementary school reflecting high scores. His belief about his ability to spell is so deeply ingrained that he makes up reasons as to why the evidence (old test papers) is not accurate. His mindset is firm: he cannot spell. Changing his belief is futile. Choosing what he now believes could help him move forward.

[How would he go about this?](#) Click here to find out!

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

Before we continue, what do you still choose to believe that prevents you from moving forward? (Think for a minute and jot your answer down.)

To change a situation, you can begin by creating a new belief to replace an old one. In the October 2007 newsletter, I introduced the strategy of getting into the gap-or “gapping”. This is a great strategy to use here.

The gap is the expanse between how you define your life right now and what you want to really be, do or have. It is the distance between what you really want and what you believe you can have. To go anywhere, you must first know from where you are starting.

First, write a paragraph or two describing your life as you know it today. What excites you about waking up to your life each day? When do you feel most lost or confused? For example, you may easily relate to your children but find yourself flailing around colleagues. Or, you may have attained most of your financial goals while still feeling lost or yearning for something that is missing in your personal relationships.

After you have described life as it is now, ask yourself what is missing that you truly desire. Is there something you need to accomplish to feel really satisfied? Are you in line with your top values at home and at work? Think about what you would add or remove from your life to make it a 10 on a scale of one to five! Write it as a narrative of your perfect life. If you are more visual, use a visual map or collage to illustrate what you imagine your future to be.

Next, choose one thing you do not yet experience in your life today that you are not willing to do without any longer. Tell yourself how it would feel to have it NOW. Close your eyes and experience that feeling NOW. Notice if your heart flutters with excitement. Imagine the broad smile on your face or the indulgent laughter of sheer joy. Feel the peace that surrounds you. Carefully and with great intent, identify a place somewhere between this feeling of pure satisfaction and the feeling you were with as you began this exercise. What do you need to do in order to move from your life right now to a point closer to the life you are eager to embrace?

Each day from now until the next newsletter, repeat this exercise. The earlier in the day you do this, the stronger a result you will experience. Repeat it before you go to bed by reviewing what you wrote in the morning. Waiting until late in the day could allow the routine to numb you into a state of accepting that what you have right now is sufficient.

**For things to be different you have to cultivate change. Take action ! Contact Renée at [Renee@landofpossibility.com](mailto: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.**