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THE GROWTH EDIT - ISSUE 16



“Dont downgrade your dreams to match your reality. Upgrade your belief to match your vision”

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### **Ponder This:**

When your beliefs are in opposition to your goals, you will either create a compromised version of your goals, or not reach them at all.

When we have competing desires, or thoughts, about what we want in our lives, it makes it very difficult for us to achieve our goals. Having this constant internal battle between what we want, and what we believe we can have, takes the focus away from actually moving towards the goals.

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### **Ask yourself:**

- What area/areas in your life are feeling unsatisfying right now?
- What do you believe about this area/these areas?

**Suggestion:** Start free writing on what you believe, eg: *What I believe about my finances, relationship, job is...* listing out everything that you believe.

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### **Experiment with:**

What if you replaced each of these limiting beliefs with another one that is also true?

What would that new belief be?

How would your thoughts change if you believed that new belief to be true?

How would you then feel?

And how would you then show up in life, what would you do, or not do anymore?

Take each of the beliefs you wrote down and turn them around to what is *true for you*, following the steps above.

For example:

- *What I believe about money is that it is **hard to make**.*
- *New belief: **I believe that money is easy to make**.*
- *My thoughts would be much more positive if I believed making money was easy. They would be focused on creative ideas about how I can make more money and not on how little I have, or how hard it is to make.*
- *I would feel energised and excited by all the opportunities.*
- *I would be taking more positive action to make more money. I would invest in myself so that I could up-level my skills so that I could charge more with confidence, as well as up-level my mindset, making it even easier to call in more abundance.*

**Recommendation:** *Take the time to do this and you will notice your energy start to shift, and with an energy shift big changes can happen.*

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We have the power to choose what we believe. What we believe creates our reality. So why not choose beliefs that will move you towards what you truly want from life?

Till next time.

Lots of love,

Rachel

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