

beliefs
workbook

You have to believe. Otherwise, it will never happen

the
MUMMA
nest



Introduction TO BELIEFS



Beliefs have the power to create & the power to destroy.

A belief is a feeling of certainty about something. When we have beliefs, they can determine a lot about the experiences we have in our life; they determine our version of reality so we need to make them work for us, not against us.

This work takes practice & consistency but with awareness & willingness, anything is possible.

“What’s the greater risk?

Letting go of what people think – or letting go of how I feel, what I believe, and who I am?”

-Brene Brown

What Are Limiting Beliefs?

In effect, limiting beliefs are thoughts or opinions that we believe to be absolute truth that hold us back in some shape or form. As a result, they prevent us from growing, achieving our goals, taking risks or taking up new opportunities, and ultimately becoming the person we want to be.

Many limiting beliefs are created in our childhood. Devastatingly, they become part of our identity... Mistakenly, we think these stories are keeping us safe, protecting us from rejection and humiliation. The reality is, they're just stories we make up in our head by attaching meanings to events. And they cost us dearly all our lives.

Where Do Our Limiting Beliefs Come From?

As to be expected, most limiting beliefs are developed in our youth as we're shaping who we are and how we view the world around us. So it follows that the specific origins of limiting beliefs can really vary from person to person. In general though, limiting beliefs typically stem from a few sources, including:

1. How you were raised as well as the beliefs your family instilled in you and how you interpreted those beliefs. This could cover a wide range of topics from whether you feel valued by others to what type of career path you should take to how you should behave in social settings.
2. Your education by not only your teachers, but also by your family, friends, and peers. While growing up, you're constantly learning and absorbing new information, ideas, and opinions about yourself as a person as well as how things work and this can shape your own conceptions of what you can and cannot do.
3. Your life experiences, especially any that end negatively, and the conclusions you draw from them. These experiences can create limiting beliefs as defense mechanisms to avoid adverse feelings in the future.

Section 1

EXAMPLES OF LIMITING BELIEFS

Limiting beliefs typically follow a framework of "I'm not..." or "I can't..." or "I don't..." or with the connotation that "This is how the world works..."

"I am not worthy of being loved."

"I am not smart/pretty/talented enough."

"I could never open my own business."

"I don't have enough time/experience/resources to pursue my passion."

"I should avoid failure at all costs."

"I should never question authority."

"I'm too old to go back to grad school."

"No one will want to date me because I'm divorced."

"It's too late to adopt a healthier lifestyle."

"All romantic relationships end in heartbreak."

Section 1 Cont..

OVERCOMING LIMITING BELIEFS

Even though limiting beliefs can be difficult to discern because they are so ingrained in our mindsets and how we approach our day-to-day lives, the good news is it is possible to overcome them.

Overcoming limiting beliefs can take time. However, it is important to respect the process, allowing patience.

In general, the key to overcoming limiting beliefs is reflection, self-awareness, and reframing. You need to not only identify your limiting beliefs and take responsibility for them, but also let them go and reframe them in order to move forward. Below is a step-by-step process on how to do just that.

However, it's important to note that overcoming limiting beliefs hardly has a one-size-fits-all methodology. For some people, this process will work well; for others, alternatives like therapy, meditation, or other forms of self-improvement may work best. In the end, only you know what works best for you!

Section 4

FACT OR OPINION?

With each belief now ask yourself 'is this belief based upon fact or opinion?'
Be honest with yourself as you answer.

Belief:

Fact or Opinion:

Belief:

Fact or Opinion:

Belief:

Fact or Opinion:

Belief:

Fact or Opinion:

Belief:

Fact or Opinion:

Belief:

Fact or Opinion:

Belief:

Fact or Opinion:

Section 6

REFRAME

Remember what limiting beliefs are at their core—they're just thoughts or stories you've told yourself which doesn't necessarily make them true. Creating new beliefs that are in alignment with who we want to be can be challenging... If this is a challenge, simply ask yourself: in this situation, what would I tell someone I cared about? What would I want a child to believe?

Old belief:

Replace with:

Old belief:

Replace with:

Old belief:

Replace with:

Old belief:

Replace with:

Section 6 cont..

REFRAME

Old belief:

Replace with:

Old belief:

Replace with:

Old belief:

Replace with:

Old belief:

Replace with:

The first step towards creating transformation is self-awareness. Now that you are aware of what you have been telling yourself, ask yourself: is this pattern going to serve, support, nurture and challenge me?

Section 6 cont..

FUTURE PACE



What do I have to gain by adopting these new beliefs? In terms of how I feel about myself? Others? My life? My career? My relationships?

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What do I have to gain by adopting these new beliefs? In terms of how I feel about myself? Others? My life? My career? My relationships?

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What does life look like for me in 6-12 months time after adopting these new beliefs? How much of my life has changed for the better?

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What have I learnt as a result of this exercise?

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Section 7

PRACTICE

By speaking about yourself in a positive manner and repeating these new beliefs over time, you'll begin to believe them more and more.

Each time the old belief arises for you & that inner mean voice comes in - reframe your language to say your new belief to yourself.

Remember that affirmations are about celebrating your successes and strengths and reminding yourself of what you're capable of. Because in the end, you really can do anything you set your mind to.

The first key to creating the transformation we want is to have self-awareness. Ninety-five percent of the journey is self-awareness... think about how empowering that is... with self-awareness, we give ourselves choices. The second key is to know that how we defined ourselves as children is not how we have to define ourselves as adults. We are free to choose what we believe.

To change our actions, we must be prepared to change our thinking. To change our thinking, we must be willing to challenge our own built in desire for certainty in an uncertain world.

Unfamiliar seems to cause too many people to freeze or run away. The opposite is what's needed... you need to move towards whatever is unfamiliar and learn it as fast as you can, so it's no longer unfamiliar.

Section 8

EXTRAS

SOME BELIEFS THAT WORK FOR ME AS A COACH...

- ✓ If I persist, I'll do it
- ✓ It's okay to make mistakes, because that's how I learn
- ✓ When my back is to the wall, the best in me comes out
 - ✓ People are amazing, all of them, no exceptions
 - ✓ I choose to see the magnificence in everyone
 - ✓ Find a way or make a way
 - ✓ I win or I learn
- ✓ There is a practical or spiritual solution to everything
 - ✓ I am me, they are them, we are all unique
- ✓ Nothing has meaning except the meaning I give it
 - ✓ Persistence pays
- ✓ No one else is responsible for my results except me
 - ✓ All I need is within me now

Compassion

To be willing to develop this change within yourself will take more than courage - it also requires compassion. Compassion does not involve self-pity, feeling like a victim, or deciding to give up because it's too hard.

Compassion is your willingness to do what you need to do to heal yourself.

It's the moment that you interrupt the pattern in your head that is handing you criticism & taking the reins to say "that is enough".

About THE AUTHOR



Hey, Mumma. I'm Sarah.

Motherhood Life Coach & Mentor, wife & mum to 3 babes. Life is organised chaos (*to be honest, let's remove organised*). It's chaos & I love it! But it wasn't always like this. I spent years chasing 'happiness',

or what I perceived to be happiness & I never could find it so I started my journey within and it was there that I began to flourish.

I also went through my own identity crisis & from there I realised my passion to guide & serve mother's experiencing the same - & yes, I can tell you there is more to life than 'surviving'. There is simply not enough care postpartum & beyond & it is my vision to serve as many women as I can with this knowledge & strategies as they are incredibly valuable - we all need them in our lives (imagine the tribal cycle shift that will occur with us mumma's passing this knowledge onto our children!)

Be the change. You've got this! Trust yourself.

Sarah x

DO YOU NEED MORE HELP?

SCHEDULE A
COMPLIMENTARY
CLARITY CALL

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