

## Who's Belief is that Anyway?

By Maggie Wilde

*“If you want a different outcome you need to take a different approach!”*

Our approach to life is based on our perceptions. Our perceptions are based on our beliefs. Our beliefs are based on our past and the influences of people, places, cultures, organisations and societies that help shape who we are!

If ‘Who you are’ keeps repeating the same mistakes over and over again perhaps it's time to ask yourself a few simple life-changing questions and take a different approach!

- 1) What belief do I hold that is causing this pattern?
- 2) Is this belief mine?
- 3) Where did this belief stem from?
- 4) Is this belief still appropriate for my life right now?
- 5) Is this what I truly believe or is it a habit?
- 6) What are my true beliefs?

As mentioned in my book *Wildly Happy & Wise*,

*“If you hold and live by a certain belief be absolutely certain that you arrived at that belief through your own experience. “ Dr Errol Gluck*

Make sure it's not something you read about or heard on the news, repeated from a friend, parent, teacher or boss. Make sure it rings true to your heart and is not simply an old habitual response.

If it is habitual (*rather than a valued belief relevant to you right now*), it could be putting the brakes on your journey to happiness!

We all change, some of us just forget we do and we forget to change our old beliefs or opinions as we grow.

Make a habit of checking and evaluating your beliefs regularly!

Here are a few old beliefs that could be holding you back – see if any ring bells! Of course we've provided a few suggestions for positive change that might help too!

<b>WEALTH – MOOLAH – MONEY – CASH – ABUNDANCE</b>	
<b>OLD BELIEF</b>	<b>NEW OUTLOOK</b>
Money is hard to come by	Wealth flows to me freely & easily
I have to work hard to make a decent living	I can earn money doing what I love
Money is the root of all evil	Money is my friend. I love money and money loves me
Money slips through my fingers	The more money I make, the more money I make
Being rich makes you happy	Being happy makes you rich
Money doesn't grow on trees	I am a money magnet

<b>WORK – CAREER</b>	
<b>OLD BELIEF</b>	<b>NEW OUTLOOK</b>
Old dogs can't learn new tricks	All things are possible in my world
Work has to be hard and unpleasant	I am flowing with creativity, I find something I love about everything I do
You have to work hard to earn a living	I can earn a living by doing what I love
I don't have the qualifications	I always know what to do
I'm too old/young/inexperienced/over qualified for that job	I am perfect in every way

<b>SELF ESTEEM – CONFIDENCE</b>	
<b>OLD BELIEF</b>	<b>NEW OUTLOOK</b>
I am hopeless	I am flowing with creativity and success. I am capable of everything I put my mind to
I am too old to change	All things are possible in my world
I'm too fat/thin/tall/short	I am perfect in every way
Nobody will like me	I like and love who I am
I always fail	Everything I do teaches me how to grow
Other people are better than me	I am perfect in every way
Good stuff never happens to me	I deserve happiness and love in my life