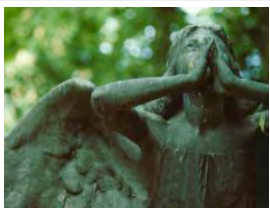


Beliefs

***“Obstacles don't have to stop you.
If you run into a wall, don't turn around and give
up. Figure out how to climb it, go through it, or
work around it.”***

- Michael Jordan



A Note From Your Coach

Well done.

Today's session marks the beginning of the end of limiting beliefs in your life! From today, your new understanding and awareness will allow you to make conscious choices about what you allow yourself to believe.

I have the privilege of working with many people just like you and, in my experience, when people see and appreciate that they have all the tools they need to grow and develop, they become unstoppable!

As you participate in the coming sessions... **think of all you want to accomplish.** Think of your goals; think of your dreams and those things that you are absolutely committed to making happen.

- Read your Goals every day. Sing them if you want to!!
- Complete your Action Steps.
- Write down the true cost of living with the Negative Beliefs you've been carrying around.
- Keep up the good work in your Personal Journal. Consider joining our online journal platform.
- Think about the hidden benefits of **not** getting your Goals.
- Now think about the real consequences of these hidden benefits. Are they really benefits you *must* have or do they actually *hinder* your progress?
- Read your Power Questions each morning.
- Read your Inspirational Writing for this week (it's perfect for where you are at now).

Our next session is a fabulous one; I am going to show you how you can believe anything you want to – which means really great, positive beliefs about yourself and the rest of the world!!

I know that you have made the decision and the commitment to yourself not to settle for anything less than you can be. I feel excited that I will be the one who travels on this journey with you. It is a road I have travelled many times before - each time a little different and yet the same. **I am 100% committed to being there for you.**

I know you can do it. I believe in you.

LIVE YOUR DREAMS!

Your Coach

"We are what we repeatedly do." - Aristotle

Action Steps

What actions need to be completed between now and the next session to get me achieving my goals?

Goal 1

Goal 2

Goal 3

What are some of the things that might prevent me from doing my Action Steps?

How can I deal with these things in advance?

SESSION 3 – CLIENT COPY

What are Three Beliefs that *don't* Support You?

Example: The belief "I am not well co-ordinated" may cause one to forego participation in sport due to feelings of embarrassment - and lead to lower fitness levels in years to come.

Goal 1 – Negative Belief:

What has it cost you so far?

What will it cost you in 5 year's time?

Goal 2 – Negative Belief:

What has it cost you so far?

What will it cost you in 5 year's time?

Goal 3 – Negative Belief:

What has it cost you so far?

What will it cost you in 5 year's time?

"You don't have to be great to start, but you do have to start to be great." - Zig Ziglar

SESSION 3 – CLIENT COPY

What are the *Hidden Benefits* to me of not achieving my Goal?

Example: The belief "I am not co-ordinated" may be a convenient excuse for not getting out of bed and going to Pilates class. The benefit may be that one gets to stay in bed with one's partner. However, the true cost is that one looks and feels less attractive and is therefore less confident with one's partner.

Goal 1 – Hidden Benefit?

What is the true cost of keeping this 'benefit' in your life?

Goal 2 – Hidden Benefit?

What is the true cost of keeping this 'benefit' in your life?

Goal 3 – Hidden Benefit?

What is the true cost of keeping this 'benefit' in your life?

Action Steps Contract

My "Action Steps Contract" with me.

I take full and personal responsibility for doing whatever it takes to complete my action steps.

I formally agree to see this project through. I have listed the action steps that are necessary for me to achieve my dreams and live the life I would love to live. I have planned ahead and at this time see no reason why I cannot complete my action steps. I hereby declare that I will complete my action steps by their allotted times. I also commit that, in the event that I do not complete my action steps, I will donate ___% of my salary to the charity of my choice and/or take the steps I have noted below.

I am living in the solution and being the person I need to be.

Signed

Witnessed

Dated

If I do not complete my action steps, I undertake to do the following:

.....

Let Go

- Unknown

To "let go" does not mean to stop caring; it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is not to try to change or blame another; it's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging all the outcomes, but to allow others to effect their destinies.

To "let go" is not to be protective; it's to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires, but to take each day as it comes, and cherish myself in it.

To "let go" is not to criticize and regulate anybody, but to try to become what I dream I can be.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is not to lose power, but to be open to the power within.

To "let go" is to fear less, and love more.