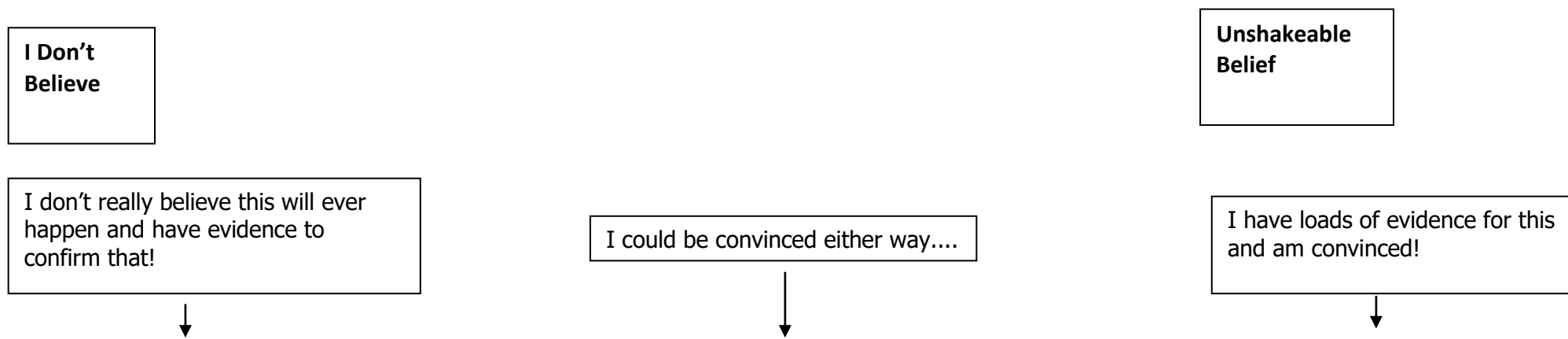


What do I believe?

Believing we are going to succeed is more than half the battle! Our minds are powerful tools that can work against us if we don't tackle deep-rooted beliefs that may have made us 'stick' in places we don't want to be. If we believe we're not good enough to do something, it's incredibly hard to convince ourselves to go for it enthusiastically. And in those cases, we don't fail, we just don't try hard enough to achieve it and probably give up.

So let's examine where you sit on the belief continuum with some of your goals and issues.

BELIEF CONTINUUM



Lets start to put some of your beliefs onto the line

Statement	Agree or Not	Reason
e.g. I believe I could make a success of	Y/N	
	Y/N	
	Y/N	
	Y/N	
	Y/N	
	Y/N	
	Y/N	

What does this tell you about why you believe what you do? How have you come to those beliefs? How do they influence your choices in life or in business.

Try this again with a different list of things you'd like to change or work on. See whether your beliefs are supporting or getting in the way of your goals.