

Beliefs Are the Key

In our lives we have beliefs that empower us - ones that make us feel good, help us experience how limitless we actually are, ones that motivate us to get the most out of every single moment. We also have beliefs that limit us - LIMITING BELIEFS - ones that don't make us feel good, that keep us "safe" (or at least that is their intention) inside a box, ones that serve to stop us from living the most incredible life possible.

ALL forms of stuck states - including the most severe - are formed from unconsciously created limitations: LIMITING BELIEFS.

- Beliefs act as our on/off switches for our lives
- They determine whether we give 100% to our lives or settle for less than we deserve
- They determine whether we are focusing on what we want or what we don't want
- They determine our levels of energy, confidence, happiness, self worth and motivation
- They form the key to creating and un-creating all stuck states.

The only problem is that beliefs are held at a deeply unconscious level, so we often don't know what our limiting beliefs are or how to change them. During Breakthrough Coaching and Transformational Events I help my clients uncover what their beliefs actually are, through a detailed process and then lead them through a straight forward and transformational process to change them.

The important thing here is that **YOU ALWAYS GET WHAT YOU FOCUS ON.** Your energy flows where your attention goes and you bring it into your life. This means that you will be drawn towards whatever you are focusing on at the deepest unconscious level - whether it's what you want or what you don't want!

For example, if deep down you believe "I'm not good enough", you will spend your entire life seeking out experiences to prove yourself right, so that you're never quite satisfied in a relationship and worry about whether you are loved or not; no matter hard you try, you always manage to steal defeat from the jaws of victory; your work is never quite as good as you'd like; you're never totally happy.

The process to unlocking any stuck state starts with identifying what beliefs are creating the problem in the first place and then removing them.