

'yto - one'
Newsletter – November 2007
"In order to succeed we must first believe we can"
Michael Korda

Hi All Our Valued Friends, Partners, and Clients

November 2007

Welcome to our twelfth newsletter of 'yto - one'.

Theme for November – Your Beliefs – The Key to Your Possibilities

Welcome to November! Wow - this year is flying isn't it? The feedback I've been getting from many of you is that October was very powerful – as you reflected and acted on what you *now know is truly important* in your life and you started living according to your values – well done!! So, whilst we are on a roll, and gathering momentum, we are at the threshold of some important information that I want to share with you for November – this month we learn more about our "beliefs" and how they are the key to your possibilities of your life, let's explore!

What are "Beliefs?"

In a nutshell, a belief is a *feeling of certainty about what a thing means*. Think about something you truly believe in – you will notice an energy attached to it, of conviction, a sense of righteousness, a sense that this has to be right/the truth.

Did you know that every belief is made up! There is No Reality Only Perception!

However, our beliefs are made up. In a sense we can call these beliefs "hallucinations/illusions" because we are all living with a different "map of the world" in our minds due to our different belief structures. Ten people can watch the same event and each one will give it a different meaning. There is no reality, only perception!

How do we create beliefs?

We create our beliefs through our experiences, what we're told, what we hear through family friends, and through mass media. We usually inherit beliefs earlier on in our lives and may keep these until we challenge them or prove them not to be true for us anymore.

Why are Beliefs so Important

Beliefs are our possibility filters – they govern how we perceive the world. If we believe something to be true, we will filter in evidence of that experience. For instance if we believe we are successful we will act accordingly, and project that onto the world. On the other hand, if we believe that we are a failure, that is how we will behave in the world. In a sense they are self-fulfilling prophecies. Think for a moment of a time you believed something to be true and it happened exactly as you believed it would – in a sense you may have been unaware that your beliefs were creating your outcomes. More on this later...

Our Actions Are the Tip of the Iceberg

Have you ever questioned why a person behaved in a certain way? The way to understand this is to know that our actions are the tip of the iceberg - what is happening out of sight underneath the water, are the beliefs that determine these actions.

So We Need to Pay Attention to What We are Believing In

A belief can either support us or hold us back. Some beliefs we have held on to for possibly decades and they therefore shape how we relate to the world around us. In coaching we call beliefs that no longer support us "limiting beliefs" and we have many fantastic tools to challenge these limiting beliefs.

Exercise 1:

What Have you Decided is True for Yourself...

Take a moment to answer the following eight examples.....so that we learn more about your 'map of the world'

1.	I always		2.	I am	
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Karen Vella - Performance Consultant and Life Coach

address: PO Box 185 Essendon Vic, Australia, 3040tel/fax: +61 3 9318 3711 mob: 0419 57 00 11

website: www.youretheone.com.au email: karen@youretheone.com.au

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3.	I never		4.	They are	
5.	I can't		6.	We are	
7.	I can		8.	I must	

Exercise 2:

Brainstorming Session on Your Life...

Brainstorm as many beliefs as you can that you hold about you, your life, its direction, other people, loved ones, work, finances, health and fitness, etc.

How to Challenge a Limiting Belief and Create a New Reality

In coaching I like to ask my clients when exploring their beliefs:

*Do your beliefs serve, support, nurture and challenge you?
Does believing that is true, support, nurture and challenge you?*

Does That Belief Assist You In Creating the Desired Outcome?

Now take a look at your inventory/list above and notice as you read over them if these beliefs are in alignment with who you want to be?

Does that belief assist you in creating the desired outcome?

If not, it's time to create some new beliefs based on your new reality so ask yourself the following:

"what belief would?"

Make a Decision NOW to let go of any belief that doesn't serve, support, nurture or challenge you!

Make the decision to let go of any belief that doesn't serve, support, nurture or challenge you. If it doesn't sustain you as you create your ideal life and vision, why keep it? What do you have to lose? What do you have to gain? If you choose to adopt empowering beliefs that support and sustain you, how will your life look? How will you feel?

Congratulations – You Now Have The Choice About What You Are Going to Adopt As Your Truth

Congratulations! Now you have some vital knowledge about how you came to believe what you believed in the past, and you are now equipped with a way to change any limiting belief. Here's something else to reflect on "what consequences are you seeing or feeling in your life right now because of beliefs you created in the past?" and "what price will you pay in one year's time if you keep these beliefs? In five years? In ten years?" So what is your commitment now – think about one thing you can do to reinforce the new beliefs on a daily basis and I encourage you to do as Tony Robbins, in his book 'Unlimited Power' says – there are three keys to lasting change:

It must change now

I must change now

I can change now

So go forth with your belief inventory, and let go of any outdated beliefs, and install some new positive, exciting, ones that are in alignment with the ideal you and the ideal life you are creating. That is a huge step into a whole new world of possibilities. Amazing! I look forward to connecting again soon!

Warmest Regards,

Karen Vella

yto Performance Consultant, Life Coach

yto Owner and Founder

Karen Vella - Performance Consultant and Life Coach

address: PO Box 185 Essendon Vic, Australia, 3040tel/fax: +61 3 9318 3711 mob: 0419 57 00 11

website: www.youretheone.com.au email: karen@youretheone.com.au