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Be the Wind Behind Your Sails– Eliminate Your Self–Limiting Beliefs

By Beth A. Tabak

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"Believe deep down in your heart that you are destined to do great things."
Joe Paterno

Imagine that you are a beautiful sail boat on the high sea of life, and the gusting wind is the way in which you talk to yourself. Will your wind be behind your sails encouraging you forward so that you swiftly glide through the sea on course and are able to scope the many possibilities? Or is your inner critic boldly blasting strong gusts of wind in your face forcing you to step back, alter your course, and expend your energy with barely a glimpse ahead?

Kudos to Christopher Columbus who was able to look beyond the horizon. What could you accomplish if you were able to rid yourself of your inner critic and his/her comrade, self–limiting beliefs? If you were not limiting yourself, what would you be doing right now? How would your life be different? Hmmmm.... I know easier said than done. This week notice the way you talk to yourself. Write down the voice. Whose voice is it? More importantly, what is the tone? Most critical, how can you change that voice if it is holding you back from what you want?

Create a plan. Here are two exercises and one thought that may help. The first exercise is when you catch the voice cutting you down or holding you back, immediately change what you are saying. Think about how you would talk to your best friend if she/he were in your shoes and use that voice with yourself. I used this method on the way to a public speaking engagement about a year ago. Public speaking has been my greatest fear. As I was headed to the all day event that I was hosting, my inner critic was on a roll. When I recognized it I turned the talk around and said "You can do this...no problem....think of how great you will feel when it's over...just like having a baby...it's uncomfortable and the rewards are awesome" and so on. The day was a success, I had fun, and continue public speaking. The second method is to picture yourself as a child. We all feel pretty much the same inside as we did as a child, right? Imagine your inner critic talking to that child. It becomes easier to put a stop to it. Choose to stand up for that child within, and do not allow anyone to criticize or discourage him/her. And the thought? We are all doing the best that we can at any given moment. So congratulations! You are great right now and should not have any limits placed on what you can do and

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be.

Be very clear about your intention and follow your heart. Create the intention of where you want to go and what you want, yet not so much that you lose sight of the opportunities and possibilities that show up around you. If you want to increase your possibilities, increase your centers of influence. The centers of influence being the people that you partner with in order to help each other. When you are crystal clear about where you are going, you are better able to educate others so that they can assist you. By the way, remember to revel in the journey.

As your journey leads to stretching outside of your comfort zone, choose goals that you are confident you can reach. When you set small goals that you know you can attain you set yourself up for success. You create a track record, build confidence, and increase momentum. People around you can see and

feel the energy flowing. These many small successes one–by–one will be the wind behind your sails to quiet your inner critic and eliminate those self–limiting beliefs. With each small success your wind will gain strength, and before you know it you will be gliding to new and exciting places. So I request you go for it and set the first goal...Starting Now!

Taking Action:

Notice how you talk to yourself...the voice...whose is it?...the tone

Create a plan of action to change the voice the next time it shows up

Be crystal clear about your intentions, yet be open to possibility and opportunities

Choose small goals to build a track record, gain confidence, and build momentum

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Beth Tabak is a Business & Life Coach, columnist, & owner of Starting Now. She is 100% committed to coaching small business owners and professionals to grow beyond limits, and create the business and life they keep thinking about. Set your goals, pick up a task list, take a class, discover a new resource all complimentary at <http://www.startingnowcoaching.com> .

Eliminate Those Self–Limiting Beliefs!

By Anita Foley

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It was once believed that the earth was flat. Columbus sailed around it and proved otherwise. It was once believed man could never fly faster than the speed of sound. Chuck Yeager exceeded Mach 1 in the Bell X–1 and proved otherwise. It was once believed that no one could run a mile in under four minutes. Roger Bannister ran the mile in 3 minutes, 59.4 seconds and proved otherwise. They all achieved the impossible because they were able to break through self–imposed barriers and self–limiting beliefs!

Be the Wind Behind Your Sails– Eliminate Your Self–Limiting Beliefs

Do you hold self–limiting beliefs that are preventing you from reaching your goals? If you won't or can't let go of these beliefs, you'll likely find yourself doing the same old thing for years, thinking that nothing will ever change for you. Sadly, nothing ever will, unless you can shake those self–imposed limitations.

Interestingly, even though there are millions of different people with millions of different personalities, many share the same negative beliefs. Do these sound familiar to you?

I Don't Deserve It

Do you think that success and wealth are things other people deserve, but not you? Do you really think that you were created in some inferior manner compared to everyone else? That is not true. You were created just like everyone else and have the same right and the same potential as everyone else to achieve your goals.

It's Not Possible

Do you feel that your goals are impossible to reach? Sailing around the world, breaking the 4 minute mile, and breaking the sound barrier were all said to be impossible. These were limiting beliefs which were eventually changed.

It's Too Hard/Too Much Work

Too many people today are looking to make a quick buck by doing nothing. They've been led to believe that they will simply fall into a gold mine and achieve wealth with little or no effort. Hey, even the people who did fall into gold mines during the gold rush had to do a little digging! However, it doesn't have to be hard and it can actually be FUN to make some changes in your life.

I'm Too Stupid

This is a common one. Everyone possesses a lack of confidence in certain areas or feels limited in their

knowledge. This is natural, and there are very few people who really do know everything (you must know a few who THINK they fall into that category.) All of us, however, have an area of expertise, whether we realize it or not. In addition, we are all capable of LEARNING. Did you know that you can become an expert in anything if you study it for 5 years? Yes, YOU! An EXPERT!

I Don't Have Time

"Five years! I don't have that kind of time!" you say. So who says you have to become an EXPERT? Think about how much you can learn in two years or one year or even six months. The point is that you

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have the ability to learn. You simply have to decide on the subject and how much time you want to devote. Then, take Action.

I've Always Had Bad Luck/Nothing Comes Easy to Me

How many times have you used this one? It's easy to blame your lack of success on bad luck or bad timing or bad friends or the bad economy, etc. There will always be things that happen that are beyond your control, but if you persist in your efforts, you can overcome anything. Perseverance is the key.

Are you holding on to any of these self–limiting beliefs? If so, are they a result of past programming? (We talked about that in the last issue.) If so, get RID of the negative programming and eliminate those self–limiting beliefs. They are guiding your actions and creating your reality! Believe that you can do anything and have anything you want, and you will!

Once you break through a self–imposed barrier, you can sail like Columbus, you can fly like Yeager, or you can run like Bannister in the direction of your dreams!

Anita Foley of <http://Wealth–Happens.Tripod.Com> publishes a weekly motivational newsletter to help you achieve wealth online. Subscribe by email to: <mailto:Wealth–Happens@SubscribeMeNow.com> and receive a FREE Ad and a FREE Tax Report !



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