

## What Do You Believe?

**"If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."**

**Mahatma Gandhi (1869 – 1948)**

Our perceptions of ourselves and others around us are coloured by the beliefs that have been instilled in us since birth. As children, the opinions expressed by others resound as truths, and as we grow, those opinions are often embedded in our belief systems. Usually, we don't even examine our beliefs and whether they are supportive. We judge ourselves by what others have said about us, sometimes in passing, until we are convinced that what has been said is real. We have an image of ourselves which is often based on the attitudes of other people.

It is time to understand where your beliefs have come from and, with that awareness, you need to start questioning whether those beliefs are of value, or should you discard or replace them. Remember, a belief has no real substance. They are just an idea and ideas can be changed.

What do you believe? Have you heard comments which have built up your self-esteem and confidence? "Oh, he is so good with numbers!", "She always manages to do something practical when it's needed" or has it been more of, "You never get *anything* right!", "You are so useless!". Sometimes the speaker has no thought as to what effect those words will have, they are just venting their own feelings, not considering yours.

What do you want to be known for? How do you want to see yourself? It's time to challenge those beliefs. How do you behave? What do you say to yourself? How do you imagine yourself to be? Do you really want your life to be like that forever? Sometimes it's easier to cling on to our negative beliefs, because it's safer. Go on, take a risk! Choose what you want to believe in – the beliefs that serve you. Get rid of fear and guilt-producing beliefs from your life and thoughts. Turn them round – only choose to have supporting, uplifting, inspirational beliefs. Believe in yourself. You owe it to yourself.

For help in establishing beliefs that support you, contact Kate Harper at Harper Coaching on 01540 662196 e-mail: [kate@harpercoaching.com](mailto:kate@harpercoaching.com) [www.harpercoaching.com](http://www.harpercoaching.com)

Passionate about helping you achieve your goals

©Kate Harper 2005. This article may not be reproduced whole or in part without permission from the author. To obtain permission e-mail Kate Harper at [kate@harpercoaching.com](mailto:kate@harpercoaching.com)