

Do Something!

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Unsupportive Beliefs – You Can Do Something About Them!

This newsletter comes to you from Kate Harper of Harper Coaching

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Welcome to this issue of **Do Something!** – the bi-weekly newsletter that is intended to inspire you to change the way you think and to stimulate you into action. If you like what you read, please pass it on to your friends and colleagues.

Welcome to my new readers. I am delighted to have subscribers from the **UK, USA, Canada, Japan, Switzerland, Ireland, Albania, Italy, India, South Africa, Pakistan, Australia and New Zealand.**

A friend and I were discussing how we create difficulties for ourselves by holding onto beliefs that don't support us. These are usually the ones that fit us like an old overcoat. They have become such a part of our makeup that we don't usually notice that they are there. If we do notice, it is almost like greeting an old acquaintance, "Oh, it's you." We accept their presence and let them carry on insinuating their mischievous message into our brains. "You are useless." "You are soooo big!" "You will never be able to do that!"

Sometimes we hear our own voice; however, a lot of the time someone else is whispering or shouting at us. Our parents, our teachers, our so-called friends, our boss or work colleagues. They may never have spoken the words out loud, but we *heard* them, through their body language, their expressions, and their gestures! As we go through our lives we subconsciously gather evidence to support these beliefs, until we see them as pretty much indisputable. Well, I have news for you. They are bunk! Unless your beliefs are helping you to lead a progressive, interesting and enjoyable life, they aren't worth the brainpower you expend on them!

Not that I am saying it is a simple matter to alter the messages you have been hearing for such a long time. It isn't. However, it *is* possible. There are many tools and techniques to do just that and I shall be putting them into practice myself. Even though I support and help my clients change their way of thinking on an almost weekly basis, believe me when I say that I really do understand what a challenge it is! What helps me deal with my own unsupportive beliefs most is the realization that it is happening. Becoming *aware* of what is going on allows me to actually do something about it. How about you? Are you allowing your unsupportive beliefs to sabotage your future success? Do you even realize that it is happening? Become aware and then do something about it! Believe that you can, not that you can't!

Do Something to move you towards your goals. Having a belief in yourself and what you are working towards will give you that extra push to accomplish it. What encouraging thoughts can you repeat which will drive you forward? "I *can* do this!" "I am making this work!" "I have all the knowledge and skills I need to get this job done!" If necessary say them out loud and don't allow those negative beliefs any headspace.

Do Something today that you've been putting off for a while. Some people say that our outer persona reflects the beliefs we carry inside. Do you believe that you are capable of doing this task you have been putting off? Perhaps you need to get some help from somewhere? Do you need to learn something new to allow you to move forward? Listen to those messages. Then ask yourself, "What is actually going on here? Is what I am hearing true?" If not, dismiss it and seek a way to get started. If it is true, then in most cases, it can be changed, usually with the help of someone supportive. Then you'll be giving off the right kind of vibes!

(If Procrastination is one of your challenges and you haven't already done it, go to www.harpercoaching.com - to sign up for my complimentary 7-day mini e-course on this subject.)

Do Something for yourself. Do you *really* believe in yourself? Many people who seem confident on the outside are quaking inside. What makes them different from those who quake on the outside is the awareness of how they are feeling and the desire to not allow it to control them. Take control of your own internal wobbles and practice turning any unhelpful thoughts around in your favour. "I am so bad at public speaking" can become "I am confident and informative when I speak to others". The messages we give to ourselves, negative or positive, will become hard-wired in our brains as we repeat them over and over to ourselves. Choose to support yourself.

Do Something active every day. Establish a daily routine where you not only flex your physical muscles but your mental ones too. Through repetition and practice, you will be able to train yourself into having supportive thoughts. At the beginning of this year, I didn't run. I would walk at running pace, but I didn't and *wouldn't* run. I was not a runner and I never would be. Or so I told myself and anyone else who would listen. Now I am aiming at running a 10K early next summer, with a 5K in October as a taster! The hardest thing for me is the mental shift. I *know* my body is capable, so now I am working on my mind. "I am a runner", "I am full of energy", "I *can* do this!" are like mantras that I repeat as I leg it around the shinty* pitch when the weather is good. (For an explanation of the game of Shinty see here - <http://www.shinty.com/rules.htm>) If I can do it, so can you!

Do Something because you want to, not because you have to. Beliefs are often words and voices that we hear speaking to us in our heads. Sometimes the voice is ours, sometimes it is not. Whose voice do you hear? Are the words you hear encouraging and supporting or are they dismissive and critical? The only voice you should listen to is your own. Only you can truly know how you feel about something. Even those who believe (more beliefs!) that they have your best interests at heart can get it very wrong. Listen to your own voice and act accordingly. Don't give that power away.

Do Something new every day. Each and every day try out a new *supportive* belief. Choose one that will make you feel good about yourself, not drag you down or lead you to begin to doubt your own abilities. Repeat it to yourself, in your mind, out loud, or if it helps, by writing it over and over again so that you can see it in front of you. Write it on sticky notes and put it up where you can see it throughout the day. Say it and smile as you say it. “I am fantastic!” is a good one to start with – and so you are!

Do Something creative every week. Often we are too afraid to start something creative because of the belief that we’d be no good at it. I was recently in Amsterdam and went to the Van Gogh Museum. Although I am not a great fan, I was inspired by his tenacity. Van Gogh decided that, although he had no training, he was going to pursue his dream of being an artist. The museum has many of examples of how his style developed over the years, particularly how he was influenced by the ‘pointillist’ way of using dots of colour to create an amazing picture. Van Gogh then developed what he learned into his own unique way of expressing himself creatively. Don’t be afraid. You may never become a grand master in either art, music or anything else, but don’t deprive yourself of the pleasure of at least having a go just because of a little voice in your head! (And of course, you may find that you really are rather good at it after all!)

Do Something for nothing. Those negative beliefs we carry around are costing us loads. We don’t do things we’d like to because of them, we do things we don’t want to because they insist and all in all they make our lives more difficult than they need to be. To change that you don’t need to get your wallet out. All it takes is a determination that you will not let those blighters stop you from getting on and enjoying your life and making the most of it. It is *your* life, not theirs, so make the most of it. Make the choice to note what the messages are, to assess whether they are helping or hindering you and then to act accordingly. You definitely can ‘**Do Something!**’

Do enjoy this quote.

“Man is made by his belief. As he believes, so he is.”

Bhagavad Gita (c. BC 400)

I do hope that this issue of **Do Something!** has inspired you to choose and use beliefs that support you! Have a good fortnight and even if it’s only a *little thing*, **Do Something!**

Warm wishes,

Kate

Passionate about helping you achieve your goals

The **Do Something!** Coaching Package

Many of you will already be familiar with **Do Something!** - my newsletter that is intended to inspire you to change the way you think and to stimulate you into action. In fact, today you are reading it! Well, now you can sign up for the **Do Something!** Coaching Package. This is a three-month long Coaching Programme based around the ideas that form the basis of the **Do Something!** newsletter.

Do Sign Up for my e-Course ~ “**Discovery** ~ a 6 module journey to a better you” on www.harpercoaching.com under [e-Courses](#) on the main menu.

Here is a little bit about it:

Discovery is a comprehensive 6 module e-Course for you to work on at your own speed and in your own time, which will appear in your in-box each week. Within each module there are exercises and actions for you to take, covering such subjects as "Where are You Now?", "Choosing Your Ideal Life", "Taking Care of Your Body", "Happiness", "Motivation", "De-Cluttering", "Improving Your Self-Esteem", "Making Time for Me", "Understanding and Practising Assertiveness", "Dealing with Stress", "Managing Your Anger" and more...

Here's what one of the first purchasers of the **Discovery** e-Course have said - “Your Discovery course is outstanding. Thanks.”

Your investment for this e-Course is UK£29.99 (Approximately USD 52.00/EUR 44.00).

Do try this for nothing!

Alongside “**Discovery**” and to give you a little taster, to see if you like my style, I am also offering a complimentary 7-day mini e-course on **Procrastination**. To sign up for this, go to www.harpercoaching.com

Kate Harper is a Motivation & Wellbeing Coach, based in the beautiful Highlands of Scotland. To find out more about Kate's services please contact her at kate@harpercoaching.com or see www.harpercoaching.com .

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