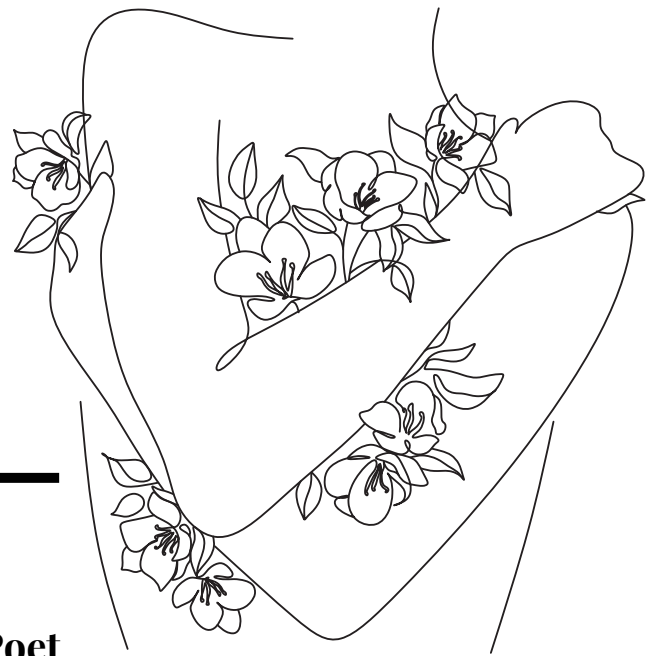


Self Belief

“I am deliberate and afraid of nothing.”

- **Audre Lorde, Writer and Poet**



Self belief is the belief that you can achieve anything you set your mind to. Self belief stems from a strong self esteem, this is an your overall sense of personal value and self worth. It allows you to recognise yourself as the perfect ideal self.

We all have this capacity within us to achieve anything and reach our goals, however, sometimes we can't see this belief easily and it can take patience and work to find this belief in ourselves.

Sense of self worth

For some self worth is redeemed from external sources. Perhaps a compliment from someone or in modern times the likes generated from our photos posted on social media. How the world see's us can therefore deeply effect how we see ourselves, and this may never be the way we want to be seen if we live in a world where our shape, colour, culture, mindset or attitude does not reflect modern societal beauty standards.

With this in mind it is important to address the issue of channeling self worth from external sources and shift our focus and energy to internal sources.

For some this can be challenging as it requires us to look deep within ourselves and question where our limiting beliefs come from. Where have I developed the limited belief that I can not achieve something? That I am not enough? This can also take time, be patient and compassionate with yourself and with your growth.

Practice

Often our limiting beliefs around self worth and self belief often come from behavior learned during childhood. However in some instances they can also be more deep rooted than this and can come from generational traumas and generational learned behaviours.

Think of a time you felt you couldn't achieve something, **ask yourself why did I believe this to be true? How did I feel about myself at that time?** Now write your thoughts on a piece of paper.

Ensure you do this non-judgmentally and understand that at this time you may have been in a different state of mind.

You may notice some correlation between why you believed you could not achieve something and also how you felt about yourself at that time.

Now on a piece of paper answer the following questions:

When did I first believe this was something I could not do?

Are these truly my own beliefs or the beliefs of someone else?

If I did believe in myself and believed I could truly achieve anything, what would I set out to achieve?

Take your time when answering, allow yourself forgiveness and compassion. Remember that what ever has come to pass, it is the present moment in which we open ourselves up to understanding, change and growth.

Try mirror talk to affirm your self belief, you can read more about this on our self love resource sheet.

I can achieve anything I set my mind to

