**Identifying Your Beliefs**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

The beliefs that we hold about ourselves can either empower us or limit our achievements.

Many of the beliefs that we hold are completely unconscious, yet they consistently drive our behaviour and therefore our results.

The first step is to identify our beliefs as often once we have made our beliefs conscious we may realise that there is no foundation to them and therefore they no longer negatively impact us.

Here are two different ways that you can identify your beliefs:

 **Make a list of your beliefs by holding a particular context of your life in mind, maybe your career, for example. Write down what you believe in this specific context.**

**An example from one of our clients is, ‘If you don’t work hard, you don’t deserve success’. Once you have done that, for each belief ask yourself the following three questions and write down your answers against each belief:**

**1. What makes you think that?
2. What does that mean to you?
3. Does this belief help you or hinder you?**

**Alternatively:**

**Write down any beliefs/thoughts that you have that want to change. Then, write what you want in place of those beliefs/ thoughts. Finally, write a sensory-based description of what you will see, hear, feel, and how you will behave differently when you have made the changes.**

**To summarise:**

1. **Beliefs/thoughts about yourself and your life that you want to abandon/change.**
2. **Beliefs/changes that you will have in their place.**
3. **How life will be better by making these changes.**

Once you have carried out either or both of the above exercises, it will be much easier for you to understand how your beliefs have influenced your past decisions and identify where you are putting unnecessary obstacles in your own way.

Take the example we gave of ‘If you don’t work hard, you don’t deserve success’, this could easily drive someone to overlook easier options, put more hours in than are potentially necessary and feel undeserving if success comes too easily.