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Life coach

10 inspirational
steps to transform
your life

2nd Edition



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CHAPTER 3

Create a positive mindset and overcome your fears

We are what we think. With our
thoughts we make our world.

Buddha (c. 563–483 BC)

It's the thoughts that count

It may sound like an exaggerated claim that we have the power to be so much more than we are, go beyond our present circumstances and create a richer and more meaningful life. But is it? The new science has proven that our thoughts have an impact on our outer world. In fact, they literally create our reality and everything that we experience in our lives. The problem is that whether we realise it or not, most of our thought processes, attitudes, beliefs and personal perceptions are self-limiting. And when we don't challenge our thinking or our behaviour, our brain keeps firing in the same pattern combinations. As a result we keep recreating the same thoughts and experiences and we fail to recognise our incredible potential or see the infinite number of possibilities that are available to us. By thinking different thoughts, we can literally rewire our brain and change our minds about what is possible. When we focus on new ways of thinking, we activate new circuits in the brain and make new synaptic connections. The more we repeat a new thought, the more hardwired it becomes in our brain. We can literally change our minds. And when we do, we can change our lives.

Awareness is the key

Before you can change your mindset you need to become aware of your habitual thoughts and actions and recognise how they

impact on your life. Most of our automatic thoughts and reactions are unconscious but once we recognise them and make them conscious they no longer go unnoticed. And once you become familiar with how you think and act, how you behave and what you say to yourself, you then have the choice to stop yourself from thinking in this way and learn a new, empowering *modus operandi*. The process of unlearning old habits and thought patterns and learning new ones takes time and practice but when you persist with this incredibly exciting endeavour, you create a new sense of self and break out of your comfort zone and the habit of repeating the same old, same old reality. And instead of the world dictating how you think, *you* create and control the way in which you experience the world. *You* decide how you want to think, act and feel.

Befriend fear

Venturing out of your comfort zone will inevitably have some fear attached to it. Even life changes which you choose to make, such as getting married, becoming a parent or changing careers can activate deep fears. It helps to remember that this type of fear gives you an opportunity to question whether you really want the new life these changes will bring. It also sensitises you to how unsettling any kind of change can be and how you are feeling about whatever part of yourself and your life you are leaving behind.



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The only effective way to deal with fear is to walk through it.

Fear has a way of throwing us off balance, making us feel uncertain and insecure. It holds us to ransom and prevents us from taking risks. If, however, you acknowledge your fear and accept

it as an integral part of life and any new beginning, you are less likely to be discouraged by it. When you feel fear you are being alerted to the fact that you are at the edge of your comfort zone, poised on the threshold between the old and the new.

Whenever you face your fear, you overcome an inner obstacle that has previously held you back. And in surmounting that obstacle, the landscape changes both inside and out and you move into new territory. You may never exactly welcome fear but you can learn to accept it as part of any change. See your fear as an opportunity to discover your innate strengths and your ability to grow bigger than whatever it is that feels so daunting.

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When you tune in rather than give in to your fear, you can decide what your best course of action is.

Dare to shine

It seems perverse to think part of us is afraid of being totally fulfilled and successful. But so often we are afraid of becoming all that we can be, perhaps fearing that we haven't got what it takes, that we will fail or be unable to assume the responsibility that comes with creating the life of our dreams. Often we perceive our reluctance or resistance to moving forwards as an external obstacle standing between us and our desires. However apparent that may seem, in reality the only real barrier between you and your success is you. The barrier is composed of fears and doubts about your ability to take the starring role in your ideal life. Change your fearful thoughts and you will see yourself very differently. Success is a state of mind.

Happiness is a state of mind. If you want to be successful, start thinking of yourself as successful. If you want

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to be happy, start thinking happy thoughts. You are what you believe yourself to be.

Create a virtuous circle

The first step toward changing your life is to decide that you're ready and willing to commit to being the best you. That means believing your life is worth living to the full and that you're not willing to settle for second best. This commitment to yourself creates a virtuous circle – the more willing you are to be the best you can be, the more energised and inspired you will feel. This in turn leads to greater self-confidence in your ability to bring about change. Positive beliefs create positive experiences.

What's holding you back from living your best life?

Are you playing small?

You'll know you're playing small when:

- You feel unhappy with the status quo but don't do anything about it.
- You wish you could be like someone you admire but don't dare challenge yourself to fulfil your own potential.
- You are afraid to be yourself and be seen and so you hide behind a mask.
- You always defer to others because you don't trust your own instincts.
- You don't like your job but it pays the bills.
- You feel directionless.

Playing small is underpinned by a fear of being all of who you can be. When fear and self-doubt hold you back your life doesn't feel within your control and whatever you truly desire feels out of your reach. You may have even given up on wanting the best for yourself or not really know what that would look like.