



Breakthrough Coaching Newsletter

What Do You Believe?
November 2005

Dear Subscriber

Welcome to November's issue of the Breakthrough Newsletter. How are you?

This month's issue is all about what you believe. Not in a religious or spiritual sense (though that may come into it for some), but in a 'what do you believe about you and your reality' sense. And how does that shape your life, affect the decisions that you make and the things you do or don't do. It's an interesting one, so read on for more!

You will have seen that by popular demand an extra email has been launched which goes out on a Monday morning around 8am to inspire you for the week ahead! If you haven't already signed up for this, feel free to do so by updating your profile via the blue link at the end of the email.

Thanks for all your feedback as always. I love to hear from you and don't forget that this is your newsletter so if there is something you'd like me to cover do let me know!

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

- New for Kent readers
- What Do You Believe About YOU?
- Try this... What COULD You Believe About You?
- Wise Words

What Do You Believe About YOU?



I read somewhere this week that the most each of us can expect to earn is within 10% of what we believe we're worth. Of course, I immediately started wondering what I believed I was worth, as you probably are now as well!

What interested me about this statement though, wasn't the money issue, but more around what we could learn from it. If I'm a multi-millionaire (which I'm not yet!) and I believe that I'm worth the millions that I earn each month or year, then clearly I have a very helpful belief, that's helping me make and sustain my fortune. Whereas, if I believe that I'm worth a much smaller amount that allows me to only just make ends meet, then perhaps what I believe is limiting me and keeping me in a less than affluent situation. Because I'll never apply for jobs that pay more if I don't believe I'm worth it.

What if, everything that we believed about ourselves was the truth? What if the fact that I believed that I could do something, meant that I could do it and yet if I didn't believe that I could do it, it was impossible? Well, it is a bit like that isn't it?

Think about athletes or people who do amazing things like climbing Mount Everest. If they started running their marathon or climbing the mountain, not believing for one moment that they would make it, when they started to get tired or reached a tough part, wouldn't they just give up? They never believed they could do it and here was proof. Yet, these athletes that do win marathons and climbers that do reach the top of Everest... don't they believe with every cell in their body that they can and they will reach the top? And then do it.

The thing about the beliefs we hold is that whether they are helpful and empowering or negative and limiting, we will look for evidence to support what we believe. That's how we ended up with them in the first place. We believed we could do something, we attempted it, we did it and there was our evidence. We believed we couldn't do something, we tried, something got in the way, we had our evidence and we gave up. The great thing about beliefs is that they are yours and you can choose what they are anytime you like!

Given the choice, would you choose all the beliefs you hold about yourself? How does what you believe help or hinder you in your quest to reach what you want in life? How would life be different if you really believed in yourself?

Try this... What COULD You Believe About You?

Concentrate for a moment on what you want to achieve or bring into your life over the next month, year, 3 years or more. Pick a timescale and a goal that most interests you right now.

New for Kent readers



One to one coaching sessions are brilliantly effective via telephone, proven by the fact that 80% of life coaching is telephone based. But what about if you'd rather have that face to face contact?

Well, for Kent based clients I'm now offering coaching sessions at the Manor Barn, just outside Canterbury. A wonderful centre of personal development and a lovely environment for your coaching sessions. For further information about this or to book, do give me a call on 01303 891671.

Future plans also include workshops based at the Manor Barn in the new year on the theme 'Design your Life'. To register your interest please email me now by clicking reply.

Of course, telephone coaching sessions are still available to all, wherever you are in the country or universe!

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Grab a piece of paper and a pen and jot down the first five or ten answers to the following question. The first answers that come to mind:

What would you need to believe about you and your life in order to achieve what you've decided you want?

Do the same for this statement:

Which of these do you currently believe?

Think for a moment about the negative or limiting beliefs that you might have and that may be holding you back.

Which would you need to let go of in order to achieve what you want? What could you replace them with?

If you could do with some support to increase your self-belief and change limiting beliefs to empowering ones, this is just one area where one to one coaching sessions can help. Feel free to call me on 01303 891671 for a free consultation.

[Read more about one to one coaching sessions....](#)

Wise Words

"Whether you think you can, or you think you can't, you are usually right." Henry Ford

(Tip! Try believing that you can and see what happens...)

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