

# Are you the person you think you are?

Huddersfield life coach and consultant YVONNE CASTLE continues her series helping you to make those changes for the better in your life



**L**AST week we completed the coaching process. How did it go? Did you then try it on the other priorities in your life?

Did you set your goals and look at how far you'd already got? Did you consider all the options and then set up more action plans?

This week we'll look at those barriers that sometimes get in the way. Those things that for some reason – and often we don't explore why – just seem to hold you back. We have a very powerful belief system which will influence our achievements. This week we're going to explore your values and beliefs.

## What are your beliefs?

■ THERE is a quote by a chap called Anthony Robbins which reflects a fundamental aspect of life coaching: "The most important opinion a person will ever hold is the one that they hold about themselves." The opinions we believe of ourselves can hold us back massively and these beliefs can destroy what we truly want in life.

■ Think about your beliefs – write down what you believe are your positive characteristics and negative characteristics.

■ Look at the positives – give yourself a big hug!

■ Look at the negatives – ask yourself, where do these come from? What makes this fact? Our beliefs are formed at childhood. Often these come from our parents, teachers and friends. Can you identify any of these negatives that you believe are true just because someone else told you? This may well have been a hurtful remark from a friend or a teacher who said "That's a stupid answer" and as a result you thought twice about raising your hand to answer a question for fear of feeling stupid. This is the power our belief system has over our willingness and ability to take actions forward in our lives.

■ Now look at your negatives again. For those where you think 'Actually, I can't find a fact which justifies my statement' – write down the word/sentence again, but in a positive frame. For example if you said "I'm not good enough to do

■ **LIFE COACH:** Yvonne Castle has advice for you (Photographs by [www.janetjonesphotography.co.uk](http://www.janetjonesphotography.co.uk))

....." turn this around and write "I am good enough to do ....." You may be also able to write down other words which link to this such as "I am talented at....." or "I did a really good job of ....."

■ Keep going with your list of negatives – check out why you believe what you do about yourself. Who gave you this belief? Were they always right? What examples have you got of when this belief was wrong? What will be different in your life if you let go of this belief right now?

## What are your values?

■ We all have values in our life – those things that, for us, show distinction between good behaviour and bad behaviour. Values that we hold are important to us.

■ If our goals do not mirror our values then we will never achieve them. For example, a goal in life may be to spend more time at home with the family but our action may be to take that job promotion we were offered which means more travelling time. Our actions and our goals are not aligned.

■ Check out your values in conjunction with the goal you have set out to achieve.

■ Write down your top 10 values in priority order. Give each value a score out of 10. Rank a very strong value as 10 and ones not too strong as 1. Look at those which are around a 7 – ask yourself, do these align with your goal?

Let me know what's happened as you've gone through this process. Have you learnt anything about yourself which you didn't already know or didn't want to think about?

For more information visit [www.ycchange.co.uk](http://www.ycchange.co.uk) – or ring 0845 862 0525.