

3 Dimensional Success

Welcome to Inspired Living



Welcome Friends to this very informative edition of Inspired Living,

We are going to explore beliefs and our belief systems.

You each have a set of beliefs of which you may or may not be aware. This range of beliefs you have, is stored in your unconscious mind. This is the reason you are more than likely not to be aware of them. We choose to “take on” our beliefs as a result of the way we interpreted various experiences in our lives beginning in childhood.

The interesting thing about beliefs is that we are very unique which means that two people can experience, witness or hear about the exact same event but interpret it very differently. So we each have our own belief system. When we experience or witness an event, we make a decision about it. We label it as either good or bad, sad or happy, exciting or boring. We then make a decision about that event.

When you would have experienced a particular event as a child, you would have made a decision based on that event and at that time, it would have “sunk” into your unconscious mind. Once there, that decision is no longer in your conscious awareness. However our behaviours always act out in accordance with our unconscious mind. That explains why you behave in a certain way although you’d like to change it. People who overeat or drink alcohol excessively are consciously aware that it’s not behaviour which is conducive to good health and well being but they still do it. There are reasons as to why they choose this behaviour but until they delve into their belief system, the reasons for those triggers to smoke or overeat remain elusive.

The decision to become more aware of your belief system is a wise one because you may be holding onto beliefs which act as obstacles to the pursuit of your goals, dreams and to creating the life of your choice.

The more you become aware of your beliefs, the more empowered you become to change the ones which are stopping you from moving forward and attaining your goals. These are the ones you want to address so you can step into the life of your choice. The life which you aspire to!

Research demonstrates that people who are labelled as “successful” have very positive, empowering and respectful beliefs about themselves. They know they can achieve what they want and they manifest their dreams. It starts with one step at a time.

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1. Focus on becoming more aware of your beliefs, quiet time will assist this process, reflect upon your childhood experiences and think back to incidents which tend to stand out in your mind, the vivid memories, the more emotionally charged ones are the ones to question.
2. Ask yourselves how you came to form these beliefs
3. Ask for some insight into them and trust the answers will come to you

Once you become aware of certain beliefs which you have identified and which you know you'd like to change, you are on your way to being able to change them.

Choose to become self empowered and change your belief system to one that's going to serve you even more than it already is.

Have fun with this – get inspired knowing that life can be an exciting journey of which you are the creator.

Questions, feedback and topics for discussion welcome at
tl@3dimensionalsuccess.com.au
Until next time

Tania Lambert
3 Dimensional Coaching-Coaching for Success
www.3dimensionalsuccess.com.au
03 9857 8847
0418 514 721