

# HOW TO BACK YOURSELF



INNER  
TALENT

**grip**  
COACHING  
LIMITED

*in association with*

**WUN**

# WHAT DO YOU BELIEVE?

Limiting beliefs can really hold us back without us even realising it. They're the little (or sometimes big) thoughts and opinions we hold onto as absolute truths, but in reality, they keep us stuck.

They're the stories we tell ourselves to stay comfortable, but they end up putting a lid on what we can truly achieve. And here's the kicker: we often don't even notice we're doing it.

These beliefs can be so ingrained, often from our upbringing or past experiences, that they run on autopilot, making us believe they're facts.

Limiting beliefs can also be sneaky defence mechanisms - our mind's way of protecting us from stress or tough emotions. Almost as though it be scarier to think, "Hey, maybe I can actually do this?" But these beliefs can stop us from really backing ourselves and going after what we truly want. So, we need to recognise them and work to change them.

Limiting beliefs generally sound a bit like these:

- I can't or I can't because...
- I'm no good at presenting / sales /sport...
- If you work part-time, you can't be a leader
- I don't have the time / money...
- I'm not good enough
- I don't need help
- I need to change....before I can...
- I'll be judged
- I'll fail
- It's too late...
- It has to be perfect
- They're better than me / they'd be better than me
- No one ever listens to me
- I shouldn't...
- I don't have all the qualifications for that role

# REFRAMING LIMITING BELIEFS

This exercise can help you make a start on reframing your limiting beliefs.

## **Reflect**

Take a minute to think about and write down a limiting belief of yours. They're things like:

- "I'm not creative enough to start a project."
- "I don't have the discipline to achieve my goals."
- "I'm not confident enough to speak in public."

Write your belief in a simple sentence starting with "I can't..." or "I'm not..."

## **Reframe it**

Once you've written it down, you can reframe your limiting belief into an empowering belief by:

- Identifying the positive opposite: Write down the positive, empowering belief that's the opposite of your limiting belief. For example, "I'm not creative enough to start a project" can be reframed to "I have unique ideas and the creativity to start and complete a project."
- Gather evidence: List at least one piece of evidence or past experience that supports the new empowering belief.

Overcoming our beliefs can be challenging, and if there's something you're really struggling with, it might be time to seek professional help in the form of a coach.

# BELIEF AND CONFIDENCE WALL

Believing in ourselves and recognising our strengths is key to building resilience and performing at our best.

A Belief and Confidence Wall is a great way to identify and express both personal and team strengths, helping to grow a strong sense of belief.

We often dwell on our mistakes but shy away from celebrating our successes, sometimes feeling like it's boasting.

This exercise helps bring to light achievements we may have overlooked or forgotten.

Confidence boosts performance and helps us handle challenges, so it makes sense to focus on building it. The more you acknowledge your achievements, the more confident you become for the future. In the fast pace of life, it's easy to forget the good things we've done, so take a moment to reflect on the last six months and recognise what you're proud of and how you achieved it.

The exercise digs deeper, exploring not just what you've accomplished, but the qualities and strengths you've used to get there. These are the traits that help you push through when things get tough.

Don't dismiss what's important to you just because someone else might not be impressed. This is your list, for you alone.

You can draw from any area of your life – work, sports, music, volunteering – even going back to school days.

It doesn't matter how many things you come up with at first. You can build on this over time (and go back in your life as far as you want to, you'll find many achievements once you start exploring), adding to it as you go.

# BELIEF AND CONFIDENCE WALL

- Write down tangible successes that make you proud. (Wins, results, promotions)
- What intangible successes make you proud? (Strong relationships, overcoming hardships)
- What attributes allowed you to have the successes? (Competitive nature, impactful communication skills)
- Think carefully about the values which underpin all of this. (Loyalty, family values, fairness, hard work)

Tangible  
successes

Intangible  
successes

Skills and  
attributes

Beliefs and  
values

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