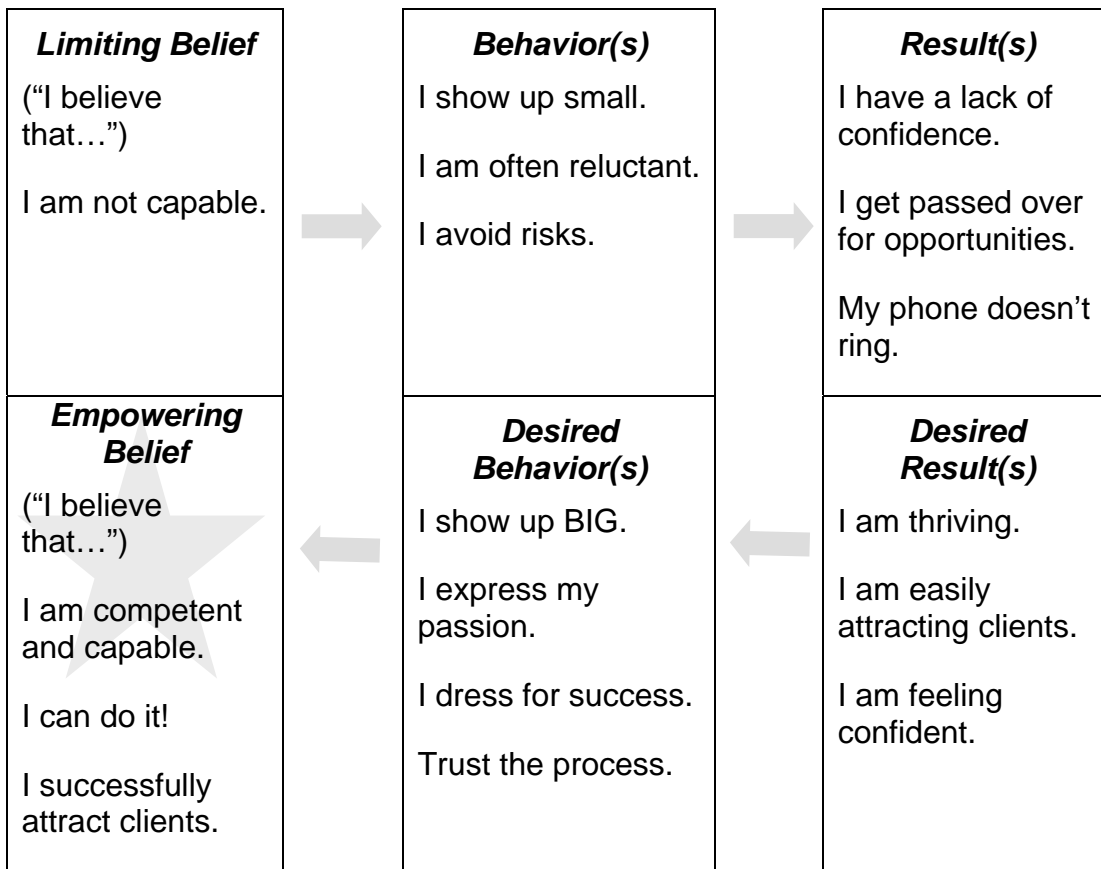



Coaching Beliefs

BELIEF - The dictionary defines *belief* as an acceptance that certain things are true or real. Limiting beliefs typically reside in our unconscious mind. Our behavior acts out our limiting beliefs, which produce unwanted results. Listen for unwanted results and then discover your underlying belief. Another way to utilize this matrix is to listen for the underlying limiting belief and then identify your desired results, which can lead to a revelation of an empowering belief.



Limiting Belief	Behavior(s)	Result(s)
Empowering Belief 	Desired Behavior(s)	Desired Result(s)