

Self Beliefs - Reclaiming yourself as author of your best-selling autobiography

Self beliefs are ideas and themes that create the content of your life story. You are the author of your life so choose your beliefs carefully and write your own best seller.

Your autobiography – fact or fiction?

Autobiographies are classified as non-fiction – a true story of you. If the chapters of your life story were health, happiness, relationships, career, family, success and whatever other chapters make up your life, how powerful would these chapters be? Your beliefs about yourself and about life would be reflected in the success and joy (or lack of it) you experience in each of those chapters.

Notice in the middle of the word “self belief” is the word “lie”. Believe it or not, your beliefs about yourself are actually not always true despite your habits or insistence on sticking with them. You may be entertaining self beliefs that bully or devalue you. If you are entertaining such beliefs, they are indeed a “lie” as they are simply not a true reflection of the real, authentic you that deserves a very happy, purpose-filled life, and as a result your life story could be read as fiction – the “not true to your potential” version of yourself and your life. Rewrite your book – make it your “beTRUTH” and not your negative self “beLIEfs”.

Active author or Passive reader of your life

You become as small or expansive as your beliefs about yourself. Limiting beliefs limit you, your capacity to heal and your ability to create what you want in life. Empowering beliefs have potency. Holding on to limiting self beliefs as though they were truth about you and your world may keep you in a passive reader role, rather than an active writer of your life. In other words you stay in victim mode – “Life’s not fair, things shouldn’t have happened to me, I’m sick again, he did...to me, I never get.....” Are they familiar bedtime stories?

Be the active author, not a passive reader of your autobiography and be the victorious hero or heroine, rather than the victim or villain by taking ownership of yourself, your feelings, your moods, your health, your relationships, your ambitions and your life and by mindfully choosing your beliefs, rather than randomly assuming them. Stop making excuses and stop handing over the pen or computer to others to write your story.

Giving away your authorship (ghost writing)

So you may be OK about the notion of writing your own life story. Many self beliefs however have come through your upbringing and experiences and you may have largely assumed them from your interaction with adults, authority figures, friends, family, colleagues and perhaps even strangers. Many of you may have given your power way to the ghost writer (or to other people in your life) to tell you who you are and how life will pan out for you.

A ghost writer attempts to write your real story – but does that writer ever capture 100 percent of who you are and what your wants, needs, desires, purpose, motives and ambitions are? No, I don’t believe so.

What do your own personal ghost writers - friends, colleagues and family members – know about who you truly are? Often they know so little about you yet you take on their views as though they were your “whole truth and nothing but the truth.” How more empowering would it be if you were to “be true” and “be truth” to yourself – sifting carefully through the constructive and destructive feedback that others give you but ultimately making your own judgement call?

If you take on others' unfair criticism or judgement on you, learn to toss it off and choose to write your own self belief script. If however you tend to downplay who you are, in contrast to those around you who have a stronger belief in your greatness, you might wish to pair up and co-author with them or a trusted friend, counsellor or mentor as you venture out as sole author.

Reclaiming yourself as author of your autobiography

- **Create your own title, genre and content**

Self beliefs will directly and indirectly influence not only the genre of your life story, but also the title and the content. What is the "title" of your life at present? Consider what you believe about yourself and how your life looks at the moment. If you were to write 5 main chapter headings of your life at present, what would they be? What is the genre? Romance, thriller, drama, war story, horror...? What are the key themes? Are you playing victim (or maybe even villain) or hero / heroine? How would choosing different self beliefs change the nature of your autobiography?

- **Edit your book to become a best seller rather than a flop**

Categorise your beliefs into different sections. eg. body, health, relationships, sexuality, being a woman / man, job, my life as a whole, courage, goals or whatever is present for you at the moment.

What is it costing you health wise, emotionally, spiritually, socially, relationally, financially...to continue clutching on to disempowering self beliefs? On the other side of the page, how might you be benefitting from having such beliefs? Yes, there will no doubt be some payoffs for having these beliefs. What are yours? What beliefs are providing you momentum to move forward?

Decide which beliefs you want to keep (if any). Cross out, throw out, burn...the beliefs you know longer want to keep reading about. Visualise yourself letting them go willingly. Visualise possibilities for yourself when you take on new beliefs, and feel what these new possibilities feel like. Don't only think these new beliefs, speak them out with fervour and live as if you believe them wholeheartedly. Act as if.....

- **Consider what you put on your dustcover**

Many people attend to their outside dust jacket – pretending to be, or doctoring themselves up with fashion or beauty treatments on the outside and disguising their more destructive internal self beliefs that remain festering within their book content or under the cover.

You aren't just your job title, nor are you the roles you play. You are not your academic qualifications, nor are you your place in the family. You are not only your external appearance, beauty and wealth but you are also your internal appearance, beauty and wealth.

Have congruency with what is written and illustrated on your book's dust jacket with what is really going on internally. If you wish to radiate more joy on the outside, start from the inside – finding joy in a simple moment, joy in gratitude for what you have or joy in the excitement of new goals. If you choose more uplifting self beliefs, reflect that in the way you appear on the outside as well – in the company you spend time with, the activities you engage in, the way you attend to your appearance, the platforms you step up onto and the conversations you have.

- **Internal brag book**

Do you notice that mothers and grandmothers often carry around brag books with photos of their family members – a book which often becomes a focal point of conversation? Imagine being able to “brag” more about yourself – not in an egocentric or competitive sort of way, but in a self believing, self empowered and confident kind of way. Yes in some cultures you may be taught to hide in the field of poppies, rather than be the tall poppy, but again I believe an internal brag book full of positive, constructive self beliefs naturally creates good readership and a best seller without necessarily the hype or expense of promotion and advertising. People will be attracted to you and opportunities will open up when you gain in self confidence and role-model that confidence.

- **Choose your marketing and promotional company well – to help you “go to print”**

Associate with people who see the best in you. Sift out company who knock your motivation, confidence and self belief. Find new groups of people who share similar aspirations. Find mentors, coaches, friends and workmates who help you develop your skills and talents and help you see your ambitions “go to print”. Network with people who support you market and promote who you are, not just what you do.

- **Have a contract with a chief editor**

See yourself from a greater perspective. Maintain a close connection with your Source – whatever or whoever that is for you – be it Spirit, God, Mother Nature or the Universe.

You are in fact, perfection with powerful potential – just like the seed that intrinsically has all that it needs to grow and develop into a flower, plant or tree. So it is with the seed of inspiration for your own autobiography. The intrinsic powerful potential is there and you do have a choice to grow back into that seed and develop further. So get writing!