

Inspirational Insight

I Can Handle It

Recently I have been battling with a limiting belief. This belief has been holding me back from achieving one of my goals. I have been very aware of it but, somehow felt unable to overcome it until last night. I am the forum Facilitator for the Association of Coaching (www.associationforcoaching.com) and I was at the Association of Coaching "Co-Coaching Forum" in Tunbridge Wells and a fellow member asked me 2 simple questions: -

1. What is the worst case scenario?
2. How could you recover from it if it happened?

What an impact that had on me. I quickly established exactly what I had been concerned about. Once clear about my fears I was then able to realise that even if the worst happened I would be able to handle it. Now I feel free and excited about achieving my goals again. I am back firing on all cylinders - Fantastic!

Action: -

Try these questions yourself and see if they can free you from one of your fears.

If you would like to discuss this or any other aspect of Life Coaching please feel free to contact me.

Caroline Hart - Life Coach

Change the beliefs you hold about yourself and change your life