

Title:

Changing Beliefs of TV's Celebrity Big Brother Contestants

Word Count:

1381

Summary:

Do you know whether or not you have flawed beliefs that are holding you back from achieving your goals?

Keywords:

Celebrity Big Brother, Belief, Beliefs

Article Body:

Ok, ok, so I admit it, I have watched one or two episodes of celebrity big brother on the TV hit.

One thing that I have found fascinating is how different people react to others just because of their beliefs.

There is a young musician from a fabulous band in the Big Brother house called Preston and he has a girlfriend named Jodie.

Jodie and Preston both openly stated beliefs that they thought she was not a "proper celebrity" because she was not famous.

Your beliefs are pretty much the rules of your life, well at least they are the rules that you live by.

I wonder how many of you are already losing sight of your New Year goals or resolutions? Your beliefs are the rules.

I believe in gravity and am guessing that you all believe in it too. Gravity is not influenced by your beliefs.

We tend to form our beliefs as the result of our experiences and then we act as if they are true.

So this then means that you can choose your beliefs!

Understand that the belief that beliefs are changeable is in itself a challenging belief to maintain.

What's more, we all have a personal investment in our own beliefs. When the world confirms them, they become stronger.

Limiting beliefs are the major offender stopping us from achieving our goals and living our dreams.

So have a good think about this question; "What is stopping you from achieving your goal?" and try to identify the beliefs.

Early limiting beliefs may come from childhood influences such as parents or teachers or people you look up to.

Here are some typical limiting beliefs that are amazingly common;

"No pain - no gain."

"I need to have lots of money to be happy."

"I can't trust anybody."

"You can't get over a bad start in life."

"I am too old to learn to use a computer."

"I never get what I am after."

"Other people are better than me."

"I do not deserve to be successful."

"I have reached my limits."

"I need to work very hard to have enough money to live."

"Success takes a very long time."

These and similar beliefs are only true if you act as if they are. Suppose they are mistaken?

In the process of achieving your goals, sometimes just being able to articulate any existing limiting beliefs is a first step.

It has certainly been my experience that the majority of people are not usually aware of their

The first way is to simply ask yourself what the reasons are that you are not currently achieving

Now, I have found that when people do ask themselves these questions in their own mind, they

Step one: Take a piece of paper and write down an important goal. Have a good look at that goal

Step two: As you think about that goal, assess and score each of the following statements;

Score each of these statements by giving it a score out of 10. Where 1 means you do not believe

I deserve to achieve my goal.

I have the skills and abilities necessary to achieve this goal.

It is possible to achieve my goal.

My goal is clear and defined.

My goal is desirable to me.

My goal is worthwhile.

Look at the lowest scores for any of your answers and begin to explore them. This can be wonderful

When you begin to question and examine your beliefs you can unearth what might be limiting beliefs

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>