What's your story?

A few years ago I attended a talk during which the speaker illustrated this beautifully to us.

She walked to the podium and started talking about how her life was so difficult. From the moment she was born, it was a struggle and a miracle of science given that the doctors had said that she wouldn't survive. From this start, everything was hard, life was hard, relationships were hard and awful things happened to her. She was sexually abused in college, had a near fatal car crash and she was always "different" which meant she always felt alone.

She spoke like this for about 10 minutes and I was thinking, what on earth is going on here? I thought I was going to an evening of positivity where I was going to be inspired to sign up to a course / run that marathon / do something I've always been meaning to do but never got around to. I was positively depressed listening to her. It was moan moan moan moan moan, and another moan. Just when I was about to walk out she did.

When she came back her demeanour was completely different. This time she walked tall, her voice was loud and clear and she had a hint of mischief and laughter in her voice. She started to tell her story again but this time it was different. The same things did happen to her, she was abused in college, she did nearly die in a car accident, it was a miracle that she was born. However, instead of life being a struggle, life was a joy, a miracle. She saw it as a blessing that she was different as it allowed her to walk her own path, that she nearly died in a car crash as this brought with it a host of blessings that she was only just beginning to understand. I nearly fell off my chair! Was this the same person?!

Ten minutes previously she was a person who believed whole-heartedly that "life was a struggle" That belief was expressed in everything she said and did, how she held herself, the moany tone of her voice the way her head hung a little too low.

Generally someone who you really wouldn't want to spend much time with.

Then, with a different belief "life is to be treasured" and suddenly everything was changed. The same events happened, yes, but the reaction and the reprecussions of which were totally different.

We all have stories that run the narratives of our lives. WE have a choice whether or not we want to hold onto them or not and today you have an opportunity to let go of one that is no longer serving you, that you have outgrown and it's now time to release it.

What's your story? What do you believe life to be? Is it a struggle or a treasure? Does it bring great joy or is it something that has to be battled through? Think about it as you introduce yourself to new people, what are you conveying to them? is it time to change it, to adopt a new belief?

Complete the following……I believe that life is…….

Don't complete this line with what you want it to be. What you think it should be, instead be 100% honest with yourself. You might have multiple beliefs that could be contradictory and that's ok, just think about the one that you want to let go of.

Some stories can be:

Life is hard

Life is a struggle

Life is a never ending battle

Life is full of challenges

Life is for everyone else but not me

Life is better for everyone else

Life is somewhere far away from me

Life is good only on occasion

Life is nothing

Life is numb

Circle any ones that jump out at you.

Free yourself now. Go deep within and ask yourself honestly. What do I believe life to be?

Write it down now:

My life is _____

Now think what you would like life to be:

My new belief:

My life is _____

Suggestions:

My life is: Full of life,

happy,

free,

loving,

full of possibilities,

always unfolding,

Magic

I'm not asking you to believe this now. I'm just asking you to choose something that's more aligned to who you are now.

Next take your old belief on life and ask yourself.

1) What is this belief doing for me?
2) How is it adding or affecting my relationship with life and the people in it.
3) What will it cost me emotionally, mentally, physically and even spiritually if I don't let go of this belief?

Be as detailed and as honest as you can with these answers.

Then take the belief that you would like to now align with and ask yourself:

1) How will this believe support me?
2) What will this believe feel like?
3) What will it look like in my life?
4) What will my relationships be like if I believe this?
5) What will it cost me emotionally, mentally, physically and even spiritually if I believe this.

Use this as your daily mantra. Upon waking, say it and then regularly throughout the day, repeat your mantra to yourself. Life is good, life is full of joy or whatever you choose and see how your perspective changes accordingly.

If something happens in your life and to further demonstrate this:

1) Write your old belief on a piece of paper and place it on the floor,
2) Then write your belief that you now align to on another.
3) Stand on your old belief and ask yourself:
    a. If this belief was true then how would I respond to this situation?
    b. What would I say,
    c. What would my body posture be,
    d. What would I do?
    e. What would my reaction be?
    f. How would I feel?

4) Now stand on the other piece of paper and ask yourself the same questions:
    a. If this belief was true then how would I respond to this situation?
    b. What would I say?
    c. What would my body posture be?
    d. What would I do?
    e. What would my reaction be?
    f. How would I feel?

Finally, burn your old story/belief and see what happens ……