

# Awakening Human Awareness

## 3 Mental Shifts to Enrich Your Self-Belief in an Afternoon

Why are we so hard on ourselves? We hold ourselves back, stuck in a comfort zone that isn't really very comfortable after all.

If you're tired of negative self-talk and feeling like you can't accomplish anything, then it's time for a change. It doesn't even need to take long to do. In fact, by allowing yourself three mental shifts, you'll not only enrich your self-belief, but you'll be able to do so in a single afternoon. Read on to find out how.

### **Shift the Past**

It's time to let it go! Look at all the times where you felt less than stellar. For every time you messed up, you're going to need to forgive yourself. It's just that simple. This might take some time to do well, so prepare to dig in, and face some things you've maybe been avoiding. You start by examining each memory separately and responding to those memories with a heartfelt "I forgive you." Once forgiven, you have to move on. That's it. While this might not sound fun, it is absolutely crucial toward success.

### **Shift the Messages You're Listening To**

Not every voice in your head says something worth absorbing. What are the messages you give yourself constantly? If you're being negative, you absolutely must change over to a more positive dialogue. Reword problems to create exciting challenges and brainstorm solutions. Change out negative words to a more positive-sounding counterpart. Your inner dialogue must switch out to the positive if you intend to succeed. Self-awareness of your internal dialogue is where you start. Notice each time a negative self-belief comes up, recognize it for

what it is (an old negative belief that you can change), and switch to a positive statement until you deeply believe the new version of you.

### **Shift the Game Plan**

Now it's time to act. Take your goals and discover the steps needed to fulfill them. Set yourself in motion to accomplish those smaller goals. Accomplish things. It's these accomplishments that will shift your self-belief. What you're doing is creating empirical evidence that you're a person capable of success with each micro-goal you accomplish. What's more, those micro-goals will eventually add up into those grand sweeping goals that you set initially, proving you're capable of change, and of doing great things.

Shifting your thinking isn't as complicated as it's made it out to be. The key is to be aware of your thinking and holding steady to the course you've laid with these three rules. You're going to be amazed at how differently you feel, and how quickly life begins to get better.

Self-Care is so important and negative self-talk is very diminishing to the spirit, so if you enjoyed this quick self-care tip, I am available for lifestyle coaching. You can find me on <https://heal.me/lynnwalker> you can set up a consult at no charge...hope to see you soon.

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You can message me from my heal.me site for assistance.