



Own your creative power by adopting empowering beliefs

2 May 2022

Continuing with the “Own your Creative Power” theme for this year, I want to talk about your beliefs. We all have beliefs, and our belief system has a huge impact on our lives. In fact, our beliefs drive our thoughts, feelings, and actions. And hence they lead to the results we have in our lives. If your life does not look like you want it to, you have, somewhere, consciously or subconsciously, got limiting beliefs that hold you back from living the life you want.

A belief is.....

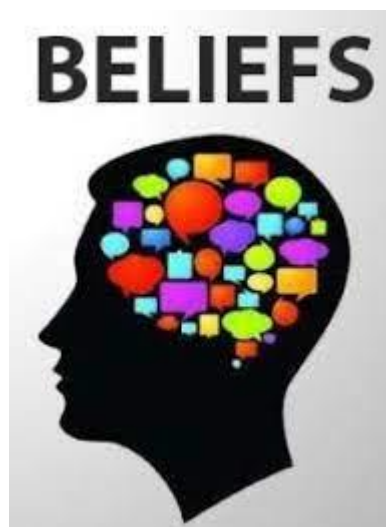
What is a belief? A belief is a thought that you are convinced is true. It is a statement you believe to be true. You have beliefs about yourself. For instance, you have beliefs as to what your strengths and what your weaknesses are. You have beliefs about other people. You may believe other people are mostly friendly and helpful. Or you may believe the opposite. You have beliefs about the world and how the world works. You may believe that if you work hard you will get ahead. Or you may believe the opposite. And because they are your beliefs, to you they are truths. Because you are certain they are true, you will act according to your beliefs.

Consequences of having beliefs

We form belief systems because we want to make sense of the world. Human beings like to have some ability to predict life. If we had no idea what would happen when we took an action it would be too worrying for us. We want to be able to predict outcomes, and so we form our beliefs to guide us in predicting what actions will lead to what outcomes. Thus, most of our beliefs are formed based on our experience. As we experience an action and an outcome

being connected, so we develop the belief that the action will lead to the outcome. As we repeatedly experience this, so the belief gets stronger and becomes entrenched in a neural circuit, thus becoming the automatic way we think.

Now beliefs are good because they help us predict outcomes in our world. So, they definitely serve a purpose. However, beliefs can be positive and negative. Because beliefs are formed based on our experiences, if we have had negative, or adverse experiences, we can form beliefs that are limiting and possibly not even true. If all you ever experienced in life was people telling you that you won't amount to much in life, you probably have that as a belief about you. Which could be absolute nonsense, even though you believe it. If you have tried a few tasks in life and they didn't work out well, you may believe you are not talented. Which is also a belief that is not true. Everyone is talented in some way. We all have millions and millions of beliefs that make up our thinking based on what we have experienced throughout life. Some of these beliefs are conscious beliefs that we are very aware of, and some are unconscious beliefs that we have no idea we have. Consciously or unconsciously, our beliefs are operating to determine the way we think, feel, and act, and consequently the lives we live.



So, we all have beliefs. Lots of them. And we act as if they are true. The problem is, apart from being positive or negative, our beliefs are also for the most part opinions. They are not facts. You may believe you are not smart. You may believe this because throughout your life you were told you were not smart and eventually you came to believe this at such a deep level that it became a belief, leading to a self-fulfilling prophecy. But think about it. Is it really a fact that you are not smart? What is smart anyway? There is no actual measure of what smart is. An IQ test does not tell you if you are a smart person. It says you can do the test

well. Doing well academically says you are good at academics. None of these say that you are a smart person. Smart can mean many things. Thinking someone is or is not smart is an opinion. Thus, not only can we have negative beliefs that hold us back from living to our potential, but these beliefs we hold may not be true at all.

Let me ask you a question. Do you believe you are a creative person? If you say no, then why is that? Do you truly know for a fact that you have no creativity in any area at all? Just because someone may have expressed their opinion that you are not creative does not mean it's a fact. There has been some research done by psychologists who wanted to find out which people were creative in an organisation. They got the company management to rate people according to how creative they thought they were. Then they went and asked people if they thought they were creative. And the outcome? Those individuals that thought of themselves as creative were the ones considered most creative by the company.

Your beliefs - limiting or empowering

If you want to own your creative power, then you need to examine your beliefs and start understanding if you have beliefs that limit you or that empower you. Below are some examples of limiting beliefs. If you have any of these beliefs then I want you to really challenge yourself as to whether they are facts/absolute truths.

- I will never amount to anything
- I am not smart
- Hard work doesn't pay off
- I am not destined for much in life
- Things I try never work out
- I am not capable of meeting my goals
- I am not worth a good life
- Nothing seems to go right for me

If you do want to own your creative power then you need better beliefs, such as:

- My potential is limitless
- Life presents me with wonderful opportunities
- I am unlimited in my ability to create what I want in my life
- I am open and receptive to wonderful experiences
- I can solve any problem that comes my way
- I consistently see myself as a success

- I have many talents and abilities
- My mind comes up with the solution to any problem I face
- I deserve the best in life
- I use the wisdom and energy of my mind to direct my life
- There is so much opportunity out there for me



Because beliefs are formed from our experience in life they are learned. We aren't born believing we are stupid, incompetent, unable to handle life, etc. We learn to believe those things about ourselves because of the opinions of others, which eventually become our own opinions. Because our beliefs tend to be opinions, we can change them. They are not facts. And in the same way we learned limiting beliefs or negative beliefs, we can learn empowering ones. We can make empowering beliefs the beliefs we have about ourselves. We do this by repeating the new beliefs we want to have over and over until they become hardwired into a new neural circuit. Through repetition in our minds, and experiencing the results of our new beliefs, they eventually become automatic and operate at a conscious and subconscious level. Then once we have truly accepted our empowering beliefs, we will think, feel, and act according to these empowering beliefs and start to see the results of having an empowering set of beliefs.

Part of owning your power is owning that you get to choose the thoughts and beliefs you think. Make sure you think ones that empower you.