



**Anita Greenberg**  
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## Your achievements are limited by your beliefs alone!

The mind is a powerful tool. I'm sure you've heard that before. However, did you know that you can actually change the reality of your life by changing what you believe?

For instance, if you truly believe that you will fail at your job, what do you think the chances are that you will actually fail at your job? Pretty high, I'm sure you would agree.

If you look in the mirror and believe you are fat, are you fat? In your world, from your perspective, yes you are fat even if to the rest of the world you are as skinny as a rake.

If you believe your partner is being unfaithful to you, does it matter whether s/he is actually being unfaithful? In your reality, the hurt and pain associated with that kind of rejection is already happening.

By the same token, if you look in the mirror and see a beautiful and magnificent human being, then are you beautiful and magnificent? Of course you are!

What we believe about ourselves and the world we live in is called our reality. Everyone has one and everyone creates his own reality. Of course, our past experiences, successes, abuses, relationships, childhood, etc. affects our reality. Our basic values, those programs that are running 24/7 within us, shape our reality. All our memories shape our reality. And all of these, our experiences, values, memories – they are all housed by our Unconscious Mind. Everything that has ever happened to you is in your Unconscious Mind.

Then it follows that everything negative that has happened to you is still in your Unconscious Mind. So, for example, when you were four years old and you spilled tomato sauce on your new white

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shirt and your mother said to you, "You are the clumsiest child I've ever met!", is it a wonder that you think today that you are clumsy, that you always spill things on yourself? That is a limiting belief that was created way back when and it stuck. Your Unconscious Mind remembers the guilt, the hurt, the shame associated with that incident. So is it a wonder that when you're invited to a big dinner with all the top executives in your firm, you are scared beyond belief?

Of course not because you think that you are going to embarrass yourself because you are a clumsy eater!! Or perhaps the clumsy eater has become a clumsy person. Do you remember the incident that occurred when you were only four years old? Probably not. Is it still affecting what you believe about yourself? Absolutely! Unless you have already taken steps to become aware of this limiting belief and the negative emotions associated with it and eradicate them, they are still playing in your Unconscious Mind. And they are affecting what you believe about yourself today which is affecting all areas of your life including your career, your family, your health etc.

I'm sure that you have heard the term "comfort zone". It is commonly referred to as being an area with which we are familiar and therefore comfortable. In the example above, you would be comfortable with the notion that you are clumsy because you have had that notion most of your life. It's familiar even though you may not like it. Breaking free of that notion and the negative emotions associated with it allows you to break free from your comfort zone and take action to expand and grow.

Once you take action to stretch beyond the boundaries of your comfort zone, you can move toward your goals, toward your wishes and desires in every aspect of your life! Without the limiting beliefs and negative emotions that have kept you stagnant, you can fly!!!

Feel free to contact Anita to schedule your coaching session!

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