

LIFE COACHING CERTIFICATE COURSE



THE CORE BELIEFS

WHAT ARE CORE BELIEFS?

Most of us will battle at some point in our lives with thoughts and feelings which threaten to derail our success and happiness. Core beliefs include the thoughts and assumptions we hold about ourselves, others, and the world around us. They are deep-seated beliefs which often go unrecognised and yet they consistently affect our lives.

Here are some common examples:

- I am unattractive.
- Everyone else is better at their job than I am.
- The world is full of selfish people.
- Everyone just wants to take and never give.

The above are all core beliefs. Our whole lives are dictated by such inner beliefs and, most importantly to note, sometimes our core beliefs are inaccurate! If you consider the examples above, you can guess at the influence they would have. In thinking that you are unattractive, you will no doubt struggle with your self-esteem and confidence. If you think everyone is better than you are at their job, then you may well feel small and unimportant.

If you consider that the world only wants to take from you, then you may find yourself reduced to cynicism, locked in a prism of seeing the world and its people in a negative way. This will affect what you offer to the world and what you are willing to give and share.

Core beliefs affect what you achieve and how you operate in the world as a whole. Negative, and often inaccurate, core beliefs (like the ones above) will drastically reduce your chances of joy and self-fulfilment in life.

WHAT ARE YOUR PERSONAL CORE BELIEFS AND ARE THEY ACCURATE?

Here are some questions to help you look at the views you hold about yourself, other people and the world around you.

1) In what ways am I living outside of my integrity and compromising my personal values?

2) What have I left unfinished or unresolved that currently needs my attention?

3) What deep needs do I have that are not getting met?



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4) What am I fighting against that I can choose to release?

5) What legacy am I leaving behind in the world after I've gone?

6) In what ways could I be more engaged in life?

7) In what ways am I behaving inauthentically?

8) Who (or what) am I tolerating that I do not want in my life?

9) How am I making choices based on 'I should' as opposed to 'I want'?

10) In what ways am I behaving as a 'reactor' rather than as an 'initiator'?

11) How am I not accepting someone that I love for who they really are?



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12) How do I diminish other people in order to make myself feel better?

13) Are there any areas in which I'm holding back forgiveness, and if so where?

14) In what ways am I manipulating someone to get my own needs met?

15) What consistent negative thought patterns do I have?

16) In what ways do I allow other people to cross my boundaries?

17) What weaknesses or vulnerabilities am I afraid to share with those I love?

18) How am I completely present with those that I love when I am with them?

19) In what areas do I have a 'lack' mentality?



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20) In what areas am I making my own life more difficult or complicated than it needs to be?

21) Are my beliefs about life, religion, my spouse, my family, my children, the absolute truth?

22) In what ways am I using busyness, work, television, or the computer to avoid facing something?

23) How is my living space a reflection of my inner world?

24) In what ways am I compromising my health or mistreating my body?

25) What am I passionate about? How can I spend more time pursuing the things I'm passionate about?

26) In what areas of my life do I need to set goals?

27) How have I miscommunicated or created a misunderstanding?



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28) How much of my time do I spend focusing on things of the past or worrying about the future?



29) What events am I focusing on in the past that are hindering my ability to live fully in the present?

30) In what ways do I consider 'I'm not deserving or worthy'?

31) What relationships need my time, care and attention

32) In what areas am I waiting for someone else to take responsibility for me?

33) In what ways am I allowing fear of change to hold me back from moving forward in life?

34) In what areas am I spending too much time on things that are not my priorities?

35) In what areas do I need to learn or further develop my skills in order to get ahead in life?



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36) What would those close to me say my strengths are?

37) What would those close to me say my weaknesses are?

38) In what ways am I not taking responsibility for the part I'm playing in a relationship problem?

39) How does my work reflect my interests, passions, skills?

40) Where am I prioritising money/material possessions over my relationships and values?

41) What am I allowing to distract me from living life to the full?

42) What is my vision for the next five years?

43) How am I helping other people to become better versions of themselves?



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44) If I were to die tomorrow, what would I regret not having done?

45) In what ways am I living a life someone else has defined for me?

46) What is my intuition telling me that I might have been ignoring?

47) What really pushes my buttons that really isn't worth being negatively affected by?

48) What drains my energy and in what ways can I change it?

49) In what ways am I being unwise or irresponsible financially?

50) In what areas am I so desperately longing for an outcome that it's preventing me from enjoying the journey?

