

Exploring new pathways



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intoAction

intoAction helps
Executives and
Entrepreneurs achieve
their desired results
through individual and
team coaching, as well
as through workshops
devoted to developing
leadership skills,
managing change
successfully, and
enhancing team
effectiveness.

A young elephant can be restrained by a rope attached to a wooden stake. The same stake and rope is still an effective means of restraining the elephant when it is an adult. Due to its past experience, it believes it cannot free itself and does not try. *Time to let go of some self-limiting beliefs?*

Leave one self-limiting belief in 2008

"Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny." Mahatma Gandhi

Self-limiting beliefs create in us the "certitude" that we have limitations. We don't necessarily know how those beliefs got there. Some have been around for so long, and are so deeply entrenched that we have come to think they are part of who we are. "I will never be an inspirational leader." "I am a lousy negotiator."

So what do we do? More often than not, we listen to these self-limiting beliefs (ie. the little voice in our head) and avoid certain situations, stay in our comfort zones, run from our fear of failure, and avoid taking any risks. Sometimes we might be brave enough to move forward anyway, but only half-heartedly, and with little conviction of a successful

outcome.

Self-limiting beliefs prevent us from living out our true aspirations and dreams, being authentic and true to ourselves, doing and saying what we really want, exploring our creativity, tapping into our full potential – in essence, enjoying life. They are the barriers to our own success.

Which self-limiting belief is truly getting in your way? Who would you be without that self-limiting belief? How different would your life be without it? What would be the first change you might notice?

My invitation is:

- Consider one self-limiting belief that you would like to leave in 2008.
- Challenge, face, question, test that self-limiting belief.
- Create a new perspective, "rule" or a new behavior to start overcoming your self-limiting belief. Have fun!

Top 8 reasons to partner up with a coach

1. You want to make yourself a priority.
2. You feel stuck.
3. You want to build on your strengths.
4. You want to reach your goals more effortlessly.
5. You need a neutral sounding board to bounce ideas off.
6. You are facing a stretch challenge.
7. You have an important decision to make.
8. You are ready to move to the next level.

Coaching gave me...

"...the identification of areas that needed to be explored and developed."
"...a better understanding of who I am."
"...a confidential, non-judging environment to speak openly and share things I was uncomfortable with."
"... a sounding board to manage intense pressure."

Excerpts from discussions with Executives

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