

EASING THE LOAD OF CHRONIC HEALTH

8-Week Coaching Program - Pilot
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**8 WEEKS MASTERY
TO LEARNING HOW
TO FEEL ON TOP OF
YOUR HEALTH
INSTEAD OF IT
FEELING ON TOP OF
YOU, THROUGH
LIFESTYLE, HABITS
AND MINDSET**

Week 3

Instilling Self-Belief

COACHING THE MIND

- Most important tool we have to create changes is our mind
- Your mind is coach-able and this is how you can gain self belief
- Shifting thoughts beliefs and attitudes to serve you
- Just like we can change our doing habits, we can change our thinking habits
- Building self belief happens through reframing events to shift your perspective on it
- Learning how to shift your perspective to give you strong enough internal belief that there are still things you can do to work with your condition

SETTING YOURSELF ON THE RIGHT PATH

- What do you believe is possible for you?
- Getting yourself ready for the little baby steps you can start taking
- To help create a more enjoyable life within your current circumstances
- "If you don't create a beautiful future, your brain will do one for you and it's not good" - Peter Crone

WORKING WITH THE EGO

- The ego likes to jump on us quickly when we are making changes
- Ego wants to protect us and keep us safe
- It will use any voice and tactic it can to get you to listen
- Its main role is to keep you from going outside of your comfort zone because it does not want to see you get hurt
- This is where a lot of negative self talk comes from
- “Whether you think you can, or think you can’t, you are right” – Henry Ford

TALK TO THE EGO

When you can hear that voice in your head on repeat holding you back, filling you with fear, talk to it

- I can hear you
- I know what you are trying to do
- You are not me
- I'm not playing this game anymore
- Thank you

IT CAN BE TOUGH

- When you are going through chronic health you have been shut down so much
- You have hit a wall so much with your health and your body and trying to make a change
- Eventually you get to the point where you just kind of give up that things are going to get better
- Give up that you will ever know health again
- So, you stop allowing yourself to dream that you will ever know what that is like again

WHAT TO DO?

- Helping yourself to build on your self belief
- Allowing yourself to move past that perspective that there is nothing I can do, I am stuck here forever and why even bother trying there is nothing I can do, I cannot make any changes
- You can always make changes, that is the power you have for your life
- Its all about your thinking patterns

REMOVING LIMITING BELIEFS

- To instil self belief it is about shifting limiting beliefs
- Some of these limiting beliefs we have had since we were a kid
- Ingrained within us from when we are a very young child
- Unless we can learn to stop and look at them and recognise where they are holding us back
- Parents, teachers, peers, are all influences on our internal beliefs

WHERE THEY STARTED

- From the ages 0-7 you are pure subconscious and this is where you main beliefs are created
- Then as life goes on it is basically situation after situation that piles onto these beliefs to make them very strong
- If you can remove the emotional response to the initial creation of that belief it then creates a domino effect
- Eliminating all of the attached beliefs that rolled out from that first moment
- You can use a range of styles to do this, EFT, RTT, regression hypnosis, mindset reframe, etc

EXAMINE YOUR BELIEFS

- Over time you repeated things to yourself as a story in your mind of, this is who I am
- If it is a part of your identity but you do not want it to be anymore, you can always shift that
- Looking at what beliefs aren't actually helping you
- What beliefs are holding you back
- How can you shift those?
- Bring in more beliefs that are helping you move into what you want

ACCEPTING

- Taking the pressure off yourself of “I should be doing this”, “I should be doing that”, putting a heavy weight on your shoulders
- Where are you expecting yourself to be doing better than you are right now?
- It would be more beneficial to accept where you are right now
- Can you accept that what is going on for you right now is exactly what is supposed to be happening because it is?
- Not just physically but also emotionally as well

YOUR REPEATING THOUGHTS

- What you are thinking on a regular basis
- Is it serving you?
- Is it helping you believe in yourself?
- Is it helping you make changes?
- How can you rewrite things in a more compassionate way for yourself?
- For example, I am learning, I am growing stronger everyday

SHIFTING YOUR FOCUS

- Shifting these habits to move yourself into a place that will allow you to take different steps
- How can you start to instil more self belief?
- How can you start to look at your circumstances and recognise what you can do?
- What do you have the power to change?
- Sometimes it is simply just your thoughts you can start to change

REMOVING THE BLOCKS

- If trying to consider what your life would look like is difficult, think about it like this
- If you no longer had that fear that it wouldn't work
- If you no longer had that fear that you would fail
- If you could believe that it was actually possible to make a difference, then what actions would you take?
- What would you do then?
- How would you feel?

IT IS A NARRATIVE

- Everything you say to yourself
- Everything story you repeat in you mind
- It is just a narrative
- You are always a free being just surrounded by the stories and limitations you tell yourself
- In the absence of the limiting beliefs that are holding you back
- Who do you then become?
- And what becomes available to to you?
- From the place of someone that believes it is possible and has the narrative that supports them

CREATING EMPOWERMENT

- Shifting more into the role of the person you want to become
- You might have your health 100% percent again one day but you also might not. Not putting your hopes on that
- Instead just finding a place where you can feel more positive about your circumstances
- Moving yourself towards the place where you can start to feel like you have more control and more power over what is going on for you.

THE “SHOULD’S”

- Unhelpful beliefs influence the way we live in a big way
- I should always be busy
- I must never make mistakes
- I should never feel negative emotions
- I should be the perfect partner, parent, friend
- I must never fail
- I should know, understand and anticipate everything
- I should be liked by everyone

ABCDE MODEL

- A: What is the activating trigger of the event? And the emotion?
- B: What is the belief?
- C: How do you feel? What is the consequence of thinking this limiting belief?
- D: Can you dispute that? Is that belief 100% true all of the time?
- E: How do you then feel by shifting that belief? What is the effect?

HEALTHY VS UNHEALTHY VALUES

- Values are what dictate how you run your life
- They are the personal values you hold dear to your heart and they are what drive and motivate you
- Healthy values are: flexible, owned, realistic, life enhancing
- Unhealthy values are: rigid, introjected (from outside influences), unrealistic, life restricting by ignoring your needs and feelings
- Can you tell if the values leading your life right now are healthy or unhealthy?

TIPS TO CREATE AWARENESS

- Put a rubber band on your wrist and flick the band when you catch a negative thought
- Above and below line on your hand
- Reframe mistakes as lesson we can learn
- Opportunities rather than catastrophes
- We only grow when we make mistakes

QUICK QUESTIONS?