

Making Changes

May 2025 Newsletter

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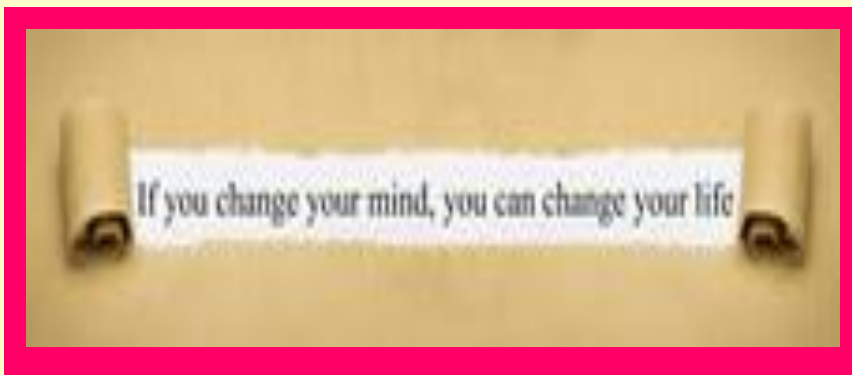
Self-concept

Our self-concept is made from a collection of beliefs we hold about ourselves that were formed from an early age. Our interactions with significant others and our experiences have created an internal perception of what we believe to be true about ourselves; who we believe ourselves to be. Our most powerful beliefs define the way we think and feel about who we are.

to feel and think the same way about ourselves.

Having limiting negative beliefs impede our ability to change our sense of self and so we often find that we fall back into our old routines and remain stuck.

Here are 3 ways to help you to make changes and create a happier and more fulfilling life.



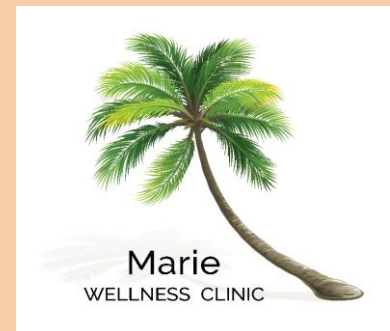
Making changes in life can prove difficult if they are not aligned with the belief system we already have in place. Most of the actions and habits we repeat daily are in line with our self-concept and it is a cycle that we keep creating and affirming.

Changing our habits seem the obvious way to make desired changes in our lives but are rarely successful if we continue

Create an image of the way you would like to see yourself.

What three habits would a person with this self-image practice?

Start practicing those habits for a few minutes every day. As you grow into your new self-concept these actions and habits will become second nature too.



The theme this month is all about changing our self-concept. Maslow believed that in order for a person to change it was necessary for them to change their self-image, how they perceived themselves. Every time we repeat a pattern in our life, whether it is positive or negative, we strengthen the thoughts and emotions connected with it. As a result, we often come to believe that is how we are and that we can't change.

Negative beliefs about who we are sabotage our aspirations and future goals and keep us stuck in repeating patterns. If you are struggling to make lasting changes call Marie on 0501087592