



Anything Is Possible !



This week I attended a talk with Kay Woodburn, the founder of Gritty People. The Talk was called 'Express Gritty Mind Tidy'. One of the key points of the talk which really stood out and resonated with me was the idea that Anything is possible!

We all have at least one thing that we truly believe we are not good at, that one challenge that we are faced with that automatically fills our heads with negative thoughts. Thoughts like 'I am rubbish at this', 'I can't do it' or 'this will not be good enough'.

Kay pointed out that whilst we are in that moment we may feel we are not in control and we don't have a choice, we do have the opportunity to create space between the thought and our response to it. If we simply notice these thoughts we are allowing ourselves the ability to change them, by recognising that these thoughts are not helping us in any way we are starting to take action against the unhelpful thought.

By allowing these thoughts to continue we are creating our own negative belief system! once we have created this negative belief we question our abilities, and this generates negative feelings, ultimately influencing our behaviour. It's not surprising that this impacts the quality of execution when we approach the challenge!

Our mind is trying to find evidence to support our thoughts, therefore negative thoughts lead to negative outcomes...Our minds will do anything to prove us right!

Kay shared an example of her running, she used to hold a belief that she 'wasn't a good runner' all the time she kept hold of this belief she would get negative thoughts in her head like 'I am not good at' and often finding herself wanting to stop after only running a short distance.

However, by changing these negative thoughts into positive ones like 'I am becoming good at...' or 'I can do this' starts to make the seemingly impossible, possible!



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This shift in thinking creates positive outcomes.

Changing your mind set can change your abilities and the possibilities for the future, changing your possibilities for the future can change your life

I have already started using these new technique and strategies in my life and truly feel like my minds a little bit tidier already! I'm now starting to believe my future is even more full of possibilities already.

Oh and I should add, Kay shared a really good way of helping people get rid of their unhelpful beliefs which I've added to my article in case you have any unhelpful beliefs blocking you from the possible.

Thanks for reading my first article.

Jade May



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Belief Busting Questions

Self attributed 'beliefs' that are 'sticky'

Write a negative identity statement you hold to be true about yourself here:

I am:

I am:

I am:

Recall examples when this statement is true



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Belief Busting Questions

Self attributed 'beliefs' that are 'sticky'

Recall 3 examples when it is untrue

Recall 3 examples when it is both true and untrue

Recall 3 examples when it is neither true or untrue

Say the original statement again ... Has is shifted ?

