

## How Your Beliefs Affect Your Success In Life!

Here are 2 examples to illustrate how the different beliefs we adopt affect and impact our outcomes in life. If you have a belief that all men are unfaithful, you will only remember and focus on all the times when you saw and heard about men being unfaithful. You will tend to mentally delete all the instances when it did not support your belief. You will also tend to distort what you see and what you hear to support your beliefs. For example, if your husband were to call and say, "Honey, I am working late." What thoughts would be fired off in your mind if you are a woman who thinks that all men are unfaithful? You may start having suspicions about him fooling around since you believe that all men are unfaithful. And how would you likely react, as a result? You would probably start questioning him, checking up on his every move, start getting paranoid, insecure and even upset, shouting at him when he comes back. As a result, what would happen? The relationship will break down, forcing him to do what you feared the most, have an affair. I have seen so many instances where a person's belief system becomes a self-fulfilling prophecy. So, whatever you believe in strong enough becomes your reality. This is because you would take the action that support whatever beliefs you have, thus encouraging the result. Some people have a belief that there are no opportunities to make money at all. They believe that going into a business is a mistake. As a result, they focus on all the news they read in the newspapers, focus friends telling them about how people have lost money, and went bankrupt, failing and losing everything. This keeps confirming their beliefs and preventing them from taking any future opportunities. At the same time, there are people who believe that there are many opportunities out there and that money is easy to make if you know how. So what happens to these people? They often make lots of money and they often find themselves with lots of great opportunities. Even when all they see all around them are problems, they will distort it in their mind turning it around to become an opportunity. For example, when the SARS epidemic hit very badly, many people started to have a mindset that business would be bad and that they now had to struggle to survive. I had a friend whose pet business suffered. He was in the pet business. But instead of believing that the epidemic was a problem, he tended to focus on how it could be an opportunity. He believed that he could make money in this recession. So, he quickly used his strong network of suppliers and sales agents to get in on the mask and air purifying business. And guess what? He made a fortune in that in a short period in time. When you believe that there are only opportunities, everything you see around you will become an opportunity. When you believe that there are only problems and obstacles, then what you experience will be problems and obstacles. To conclude, though we may not be aware of it, our beliefs definitely have an impact on what how we choose to respond and the actions we choose to take resulting in the outcomes of our lives.. Thus it is important that we choose our beliefs wisely.

## About the Author

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