

# RE-PROGRAMMING LIMITATIONS



## Holistic Coaching



# Your Emotional State & Holistic Coaching

Today I want to talk about your mental state and the importance of a positive, mental and emotional state.

**So how do we know if we have a positive mental state? Well, the easiest way to see if we do, is by observing our own thoughts.**

Observing our own chatter that's going on in our mind, because that gives us a good indication of what's actually going on underneath the surface.



You see 95% of our life, we are actually living on subconscious autopilot.

**So our subconscious mind is making our decisions for us.**

It's basically simplifying our lives so that we can function more easily.

Because of this and if we have belief systems and values that are not really supporting us in a positive way, it can determine how we live our lives and it can end up not going the way we are wishing for our life to go.

**The first thing to do is start observing our thoughts.**



Because when we start observing our thoughts and we start becoming aware of where our mind goes, we're bringing thoughts up to the surface, into our awareness and then we can make changes.

## Self-Image Quiz

### Instructions

This is a quick quiz designed to draw information stored in your subconscious mind.

**You should not intellectualise your answers.**



Read the statements and place an X in the empty column beside the statements that are true about you.

If possible set a timer for 60 seconds and try to finish the quiz before it rings. Do not read the statements before you begin.

1. I'm afraid to express my opinion	
2. People don't really like me	
3. I am too emotional	
4. I often forget things	



5. No one is really there for me

6. I talk too much

7. I should be more quiet

8. I find it hard to control myself  
and my emotions

9. I am not good enough

10. I am often too loud

11. I am always running late



12. I should be more active

13. I am an anxious person by nature

14. I lack motivation

15. I never finish what I start

16. I am too fat

17. I am too thin

18. I don't like the way I look



19. I often take things too seriously

20. I can be too needy

21. People often don't have time for me

22. People often take advantage of me

23. I have trouble saying NO

24. I am not very intelligent

25. I should be more productive





26. I am often pessimistic

27. I don't like my body

28. I should speak up more often

29. I love myself

30. I often don't like myself

31. I sometimes feel I am wasting  
my life

32. I often feel lonely



33. I am not very creative	
34. I am not good with money	

**Next to this eBook there is a PDF for you to print off or you can write on the table above.**

What I want you to do is try not to analyse this piece of paper.

I want you to just read the statements in your own mind and tick the boxes next to those statements, if they are ringing true for you.



Maybe some of these statements might ring true for you, or maybe none of them will. The whole idea of it is for you to start realizing how you are seeing yourself and how you are perceiving yourself.

This gives us a good indication of what you believe and what you feel about yourself.

The way you feel about yourself helps you to see why you're acting the way you do in your environment.

So when we change the way we feel about ourselves, we change the way we see the world and then the world changes.



So I want you to do this little test for yourself and that will hopefully support you to start thinking about where your mind goes. It will give us a good indication of how you're feeling about yourself.

Now there's 1 statement on this that says, "I'm too fat". There is another one saying, "I'm too thin". It's a pretty common thing to hear as many of us do not love our bodies.

So for instance, what we can do then, if we know this is a negative statement and if we know that's how we feel about ourselves, we can also go further into it and say, you know this is not a positive statement.



It's probably not going to make me want to care for my body, it's probably going to do the opposite. It is not going to support me.

So how can we say it differently? Instead of saying, "I'm too fat" Maybe you can say, "From today I choose to take care and love my body". Or, "From today I'm choosing food that helps support my body to the best of its ability so that I can live a long happy, fulfilling life", or whatever it is for you.

**So once we know the negative statement we can change it into a positive statement, or an affirmation that we can then use for ourselves.**



So when that negative mind statement comes up in your head, you can go, “Aha! There it is again” and you can change it.

When that mind statement comes up as, “I'm too fat” we can ask ourselves, “Is that really true? How can I say that better”?

So this is just a short eBook diving into a really big subject of belief systems and self-talk and the importance of positive self-talk.

If you want to dive deeper into this, it is one of my biggest passions and I help a lot of people get through and break old negative belief systems.



**What happens when you do that is, your whole life changes.**

So if you want to dive deeper into it, get in contact with me and we can discuss how you can move forward in your life.



**This Ebook is a collaboration between  
Madeline Vallin from Nu Perspectives  
& Global Healing Exchange**

