

Putting Your Positive Beliefs in Action

by Frenetta Tate

What you believe is your reality. It drives you. It moves you. It anchors you. It lays at the foundation of your actions. Where are your beliefs taking you and is it a place you want to go? Often, we adopt beliefs out of tradition or habit; not because it serves us well. We do well to challenge our beliefs, especially when it comes to business ownership. If you don't challenge your beliefs; your mind is closed to differing perspectives and ideas that have the potential to make your life richer. In essence, you will only go as far as your beliefs will allow. How far will you allow your beliefs to take you? Can you look at your life without bias?

When you believe that anything is possible; you open the door to possibilities through your actions by preparing for, recognizing and seizing opportunities. When you believe that there are no limits; you choose not to pigeon-hole yourself to one idea or opportunity; you open yourself up to receive all of your good without limitations.

As new information comes into your being; your beliefs can change. You can choose not to remain stuck in a place that hinders your growth, development and experience. You can get new beliefs if the ones you have are not serving you. Just because you once believed something doesn't mean you have to always believe it. When you change your beliefs; you change the way you look at life and your life begins to reflect that inner transformation.

No matter what you are doing in your life; your beliefs will do one of two things for you; open doors of opportunity through your own strategic positioning or close the doors of opportunity through self-sabotage. You decide what you want your life to be, what you want to have and what you want to do.

- It is your time *to position* yourself so that doors will open to you.
- It is your time *to align* yourself with your true desires to attract your good.
- It is your time *to shake off* the limitations of others and the hindrances in your own mind and forge past fear.
- It is your time *to walk* toward your greatness.

Do you believe it is your time? Use the following questions as life or journal prompts to help you plan out your best year:

Do you believe you are worthy of good things? Do you believe that you can be financially abundant? Do you believe you can have immeasurable peace and be filled with unspeakable joy? Do you believe that you have something to offer the world? Do you believe that the world is in need of your gifts, services and offerings in your business? Do you believe that you were born to make a positive and indelible impact upon this world? What do you want to be, do and have? What is holding you back? What action can you take to move you forward?

I implore you to do what it takes, put your positive beliefs in action and allow yourself permission to come out of the shadows and shine your light while embracing all the good that this New Year will bring to the doorstep of your life.

Frenetta Tate is a Certified Life and Entrepreneur Coach, Life Strategist and Thought Catalyst. She can be reached @frenettatate on Social Media.