

Victoria Kleinsman

Stories

What stories are you telling yourself?

When I say stories, I mean beliefs, because a belief is just a story either you keep telling yourself over and over again or someone else keeps telling you over and over again...(aka, the media, our culture, society, friends, family etc). And your beliefs are the glass ceiling to your potential and your freedom!

So I would like you to think now what your limiting beliefs are and write them down below.. (example= When my jeans don't fit it basically means I'm unattractive and nobody wants me.)



**Your beliefs are the glass
ceiling to your potential and
your freedom**

Victoria Kleinsman



And now I want you to write down WHERE these beliefs came from...
(e.g. my mum always use to call herself fat when her jeans didn't fit.
Everywhere you look everyone is saying to lose weight etc.)



Victoria Kleinsman

Now I want to ask you to think about YOUR families traditions. And the things YOU personally do because you learnt it from your parents or grandparents. (e.g. do something in a certain way at Christmas or the way you have a bath before bed because you just always have) Write these down.



These traditions would have been passed down from your parent's parent's and then your parent's parent's parent's... etc... centuries ago. Now WHO decided in the first place that these ways of doing things or thinking was good or bad, right or wrong etc? The point I'm getting at here is that NOTHING MEANS ANYTHING UNTIL SOMEONE SAYS IT DOES. They are just stories that someone made up.

Like the body image and self worth stories we tell ourselves because we have learnt them over the years and took them as our truth.

Am I getting any closer to having you realize that you limiting beliefs aren't in fact real? They may be your reality, but they are not the truth...

Victoria Kleinsman

You can change your own reality by shifting your limiting beliefs to ones that serve you and empower you. To ones that make you HAPPY!

Now this takes work and will be met with resistance because your subconscious mind won't like to change. BUT your conscious mind has the will to change these. We change our beliefs by:

1. Recognizing that we have limiting beliefs and realizing that these aren't serving us.
2. Choosing to adopt a new belief that will make us happier and feel empowered.
3. Affirming our new beliefs to ourselves multiple times throughout the day and taking time to FEEL what it would be like when we fully believe these new beliefs about ourselves.
4. Looking for evidence that these new beliefs are true for us (our subconscious won't want to accept them unless we find 'evidence' that these could be true for us). E.g. Tell yourself your new belief; I am perfect just the way I am. Then FEEL into your body what it would feel like to fully believe that about yourself. Then ask yourself, WHY am I perfect just the way I am? Then your subconscious mind will go looking for the answer for you to prove why you are perfect just as you are. E.g, your partner will tell you how much they love you just the way you are. Like when you put your house up for sale and then all of a sudden you see for sale signs EVERYWHERE! That's your subconscious doing that for you. Same goes for if you constantly tell yourself your fat and ugly, your subconscious will FIND proof of that!

Then number 5 and 6 are biggies...

Victoria Kleinsman

5. TAKE ACTION. Ask yourself, what would I do IF I believed my new belief? For example if your new belief was 'I feel worthy of love from a good man' then you would act in a way that you ARE worthy. You would end any relationships that are not making you feel good. You wouldn't take any shit from men that mess you around. You wouldn't SETTLE. You would know your worth and you would not accept anything less! So even though you don't fully believe your new belief right now TAKE ACTION like you do!

What are the new beliefs that you would like to adopt? (HINT< the opposite of all your limiting beliefs!) Write then down below..



Victoria Kleinsman

How will you take ACTION to live out these beliefs? (What would you do if you fully believed them to be true)



NOW TAKE THAT ACTION!

6. Unbrainwash yourself and consume media, information, books, people etc that support your new beliefs. This is so important and goes with the finding evidence part (number 4). E.g. I am perfect as I am and I am attractive no matter my size. Follow models and people that are your size or bigger that are living their best life! Surround yourself with people who don't talk about diets all the time. Source out what you want to believe is true!

Victoria Kleinsman

If every model you had ever seen was a size 18 or bigger, and were lusted over (as models are today), would you feel differently about your body?

If you were born on a desert island with no tv or media and body image wasn't even a topic of conversation amongst your tribe, would you even give a shit about what your body looked like?

Is it sinking in yet...?

I hope so. You are a product of your environment and past experiences.
YOU DON'T HAVE TO BE.

If there is a house burning down:

A fireman would see it as a job to do

An arsonist would get excited about it

A person passing by would be concerned

The person whose house it is would be devastated.

One fact. 4 different views and feelings towards that same fact.

**Change your stories beautiful,
they will change your life for
the better!**