

PEAK ATHLETIC CONSULTING, LLC.

You Are Who You Believe You Are

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What you believe, is who you are! But what if you are wrong? Most of us under shoot what we are truly capable of, therefore limiting our experience to what is comfortable and safe. The truth is that most of what we believe is completely wrong, especially when it comes to performance related issues. Because we can't see into the future we base our belief on the past and our current level of contentment. We think "I can't possibly do that, accomplish that, or live my dream life because we do not have the belief system in place to accomplish anything outside of our current condition.

The problem is you are what you believe. You will always be who you are, based on what you think. In all cases, thoughts become action. What you think you do. You don't move a finger unless you first think, instructing yourself to move your finger. With that said its time you re-think who you are. When you limit yourself you are wrong. You are wrong about what can be achieved! We have become so tied in to what society says we can achieve we have lost our ambition and therefore limit ourselves. This probably stems from our societal need to be successful RIGHT NOW, instant satisfaction.

No one is meant for, or born to succeed at a higher level than someone else, some have just decided to "just do it", rather than sit back waiting to receive some unknown gift. You are not less gifted, less talented, less of anything. These thoughts are simply an obstruction to you and produce feelings of inadequacy based on false assumptions. Yes, you can achieve more, produce more, care more, comfort others more, and lead more if you simply chose to do so! The choice is simple, it's the doing which reduces people to their base fears. We have a fear of failure, fear of success, fear of change, and a multitude of other fears which stop us from doing what we know we need to do in order to step up our game. Once you decide to do, it is time to go to work, risk a little failure, and see where it takes you.

Most would see dynamic change if they just made the choice to do, instead of thinking about doing. But most never take any action. In fact it has been said that only 5% of our population will chose to step out and do the work. That's one-in-twenty! Decide to do, decide to give yourself a chance, decide to change your thinking and accept what comes your way. Fear not, for fear itself is limiting you from achieving more with your life, your game, and your future.