

# The Five Tools

## IDENTIFY

Use the Core Belief checklist to identify your primary limiting beliefs.

Additionally, pay attention to triggering moments and what you find yourself thinking or saying, in response to these situations.

Note your emotional and behavioral reactions to situations---if possible, stop and reflect in the moment.

**Reflection Question:** In moments of tension, ask yourself: What am I believing about myself, others or the world that triggered this feeling?

# ACCEPT

Once you note a thought, feeling or behavior, practice suspending your self-judgment. Accept the possibility that you truly operate from the identified belief, so you don't go into denial. When we judge the core belief, we push it away and deny that we have that belief. But, when we suspend our judgment and accept that we have the belief, we can begin to navigate it more effectively.

Most of our limiting beliefs are born from difficult or traumatic experiences and serve as survival strategies. So, even though the belief may be currently keeping you stuck, it may also be serving an unconscious need.

**Reflection Questions:** What if ALL my thoughts and beliefs are in service to meeting my needs? What subconscious need may this limiting belief be serving? (hint: it's usually something to protect you from future hurt)

# LOCATE

Once you consciously identify a belief, you may start to notice it cropping up a bit more---but it's because you are paying attention. You may also start to note an area of tension or pain in your body that is connected to the belief.

When you do locate when and where these beliefs crop up, it can further support you consciously unwinding them.

**Reflection Questions:** Where do I feel this belief in my body? How does this belief currently show up in my life? (for example, do you witness it at work, in relationships, with your kids, when trying new things, etc.)

## NAVIGATE

When you are conscious of your limiting beliefs, you begin your most diligent work---which is to consciously reshape them, as they surface. Ideally, you want to fill your toolbag with resources that support you, so that you are ready when a limiting belief crops up. Navigation is recognizing that this process is lifelong and you will consistently work with these beliefs, until they shift. The following reflections will help you fill that toolbag, so that you can pull from “new data” as an old belief emerges.

**Reflection Questions:** What is the supportive version of this belief? What evidence do I have that contradicts this limiting belief? What could I do, or how would my life be different, if I believed the new belief? What would someone who believed the new belief say or do?

# RELEASE

Releasing a belief involves more than just our minds. These beliefs live in our bodies. At a certain point, we may need to work on a somatic (body-based) level to unstick our story.

## **Exercises:**

As an uncomfortable belief occurs, breathe into it and note where it feels tense in your body and continue to breathe through it. Try [20 Connected Breaths](#) for this process.

Visualize evidence that supports the new belief. Be as detailed as possible in your visualization. You can even turn on music and spend a few minutes in this space.

Take conscious action, even if it's a baby step, towards behavior that supports the new belief. Every time we take a step in the direction of a supportive belief, we reinforce that new neural pathway. That is our ultimate goal. When that new neural pathway is established, our brain is more likely to default to that supportive belief and behavior in times of stress.