

Beliefs Are Powerful

**“Whether you believe you can or you can’t, you’re right” -
Henry Ford**

Beliefs are not right or wrong; they are only strong opinions.

A belief is a thought you have of which you agree with and also attach an emotion or meaning to the thought.

Beliefs can be supportive or non supportive.

To identify some of your beliefs, simply look at your life. What is your lifestyle? How do you feel about money, health and relationships?

Your beliefs are not based on actual experiences, but rather on your personal interpretations or misinterpretations of those experiences.

Nothing has meaning except for the meaning you give it.

“No one can make you feel inferior without your consent”

-Eleanor Roosevelt

