

Your Beliefs and You, or How I Failed Maths 5 Times

I'll let you into a little secret- I failed my maths 'O' level. Not just any old failure, this was the M&S of failures, - 5 times in all! Yes, I took the exam 5 times and got the same miserable fail grade each time.

I got quite good at failing it, really! Did the same exam paper (virtually) revised in the same way each time and made the same mistakes.

In NLP we call this 'if you always do what you've always done, you'll always get what you've always got'. Worked for me!

So, no Maths O level! I used to have a belief that I was no good at maths – not surprising after 5 failures maybe! I had this belief for most of my adult life, until mid-30's. Now, I must admit I don't believe I am accountant material, but I can make sense of business numbers very competently these days and of course Excel helps!

What made the difference to me makes an interesting story about NLP, and how used effectively, can make a huge difference to who you believe you are, and the life outcomes you get.

My maths story? Quite simple, really. For most of my life I avoided complex number situations. I did a Certificate in Management in my 20's, got grade A's in Operations and Marketing, and never completed the Accountant module.

Fast forward to a job interview in my early 30's, and this one really counted, lots of money and opportunity. Despite coming first in all the interview activities, after a maths test, I was told I was not good enough.

Devastated, and along the way some other stuff happened that led me to my first NLP course. Now, some NLP'ers can be really good at telling you how great NLP is (me!) and still you may wonder what's it all about.

Lots of things, really. One is to examine the beliefs that you have about yourself and change them, with some very interesting results.

Fast forward again to the next BIG JOB interview. Things were different, I'd been on an NLP course , and learned the power of changing beliefs that are not serving you well. And I wanted the job to pay for my re-training as a coach and therapist.

Back to the job interview; I knew a maths test was part of the interview. So, I chose to believe that I was good enough, and that instead of worrying about the answer, I'd either know it, or I'd give it my best guess. Not perfect at maths, just good enough.

I passed. I got the job. I earned enough to fund my training and my first year in business. Life changed. Just because of the new belief about maths? Not only that, however that was part of my change in belief system that if I didn't know how to do something, I just needed to find a way to do it, and adopt a belief that it was possible.

Makes a difference.

Maybe I can make a difference with your beliefs, if you'd like to know more, or find out more, then just drop me a line or call me, I can't show you my maths certificates, threw them out long ago!

What I can do is work with you to make a difference in your beliefs, and life.

