



### **Your Beliefs Are Not a Fact**

Aug 2nd was Gary's birthday and I was having a dinner party for 9 people at 6:30 pm. By 9:15 am the appliance repair man had confirmed that we needed a new compressor for my 2 year old fridge. NO FRIDGE for a week! Also, I had gotten a CD stuck in the disk drive of my computer which needed to be in the morning mail, AND I plugged the toilet. All by 9:15 am...the day of a big dinner birthday party!!

I still had dishes to prepare, had several wonderful coaching clients but had to find the time to find neighbor's fridges that I could "borrow" as my foods were defrosting fast. All the while I kept on asking myself my favorite Chere coaching question. "Chere what do you choose to believe about this day?" You see, we can choose our belief. Our belief is NOT a fact...just our belief. I teach my coaching clients this almost magic-like Coaching Success Formula.

Event > Belief > Emotion > Behavior

**An event creates your belief, which creates your emotion, which creates your behavior!**

The event was "chaos," and everything that I thought was important in my house decided to break down all on the same day. A negative belief was, "I can't believe this — maybe I should cancel the party?" This negative belief could lead to the emotion of total frustration and desperation, which leads to my most favorite unhealthy behavior, "taking care of my frustration" with potato chips.

However, I responded, NOT reacted. I thought...hmmm...which belief do you pick today Chere? A positive belief was that there are lots of people who have larger problems than I...like moms with cancer. My emotion, although still frustrated, was disappointed that ALL of this would happen on a really busy day, but I thought aren't all days busy? As a result of my more positive belief I had a more positive emotion, which resulted in a positive behavior. The afternoon of the party I phoned a woman who is dying of cancer and asked her how I could help!

The way we feel inside is a reflection of the way we perceive the world. If we want to feel more peace right inside ourselves, is it not to try to change the world around us. For that can only bring temporary relief at best. The key is to change our judgments and interpretations about the world. "Music to my coaching ears" is when clients tell me they are in love with their life...and "nothing has changed" but everything has.

Use this coaching success formula and change your life — it is a Cherecoach guarantee. Here to help!