



Welcome to the May 2018 edition of A C.I.E.A.R. Path Forward®. This newsletter is written for the friends and clients of Kathy Hart and ClearVision Consulting who are navigating transformative changes in their life. Provided below are:

- **Provocative question and insights**
- **Clearing the fog**
- **Recommended reading**
- **April blog posts**
- **New arrival**

If you have a topic you are wrestling with, let me know so it can be added and shared with our community.

What Limiting Belief Is Diminishing Your Life?

We are all susceptible to them, and while some are more invasive than others, many can be downright contagious. It's not like a cold that incubates, trashes your system, and then vanishes. Rather they may have been with you for years, and are so pervasive that you don't even realize they are part and parcel of how you think, dream, ultimately affecting both your short and long term actions. What are they you may ask? Limiting beliefs! They are little gremlins in your head, mind, and even heart, telling you you're not good enough, smart enough, worthy enough, too old, too smart, too poor, and any number of other put downs which keep you from living your dream life.

They can start easily enough; with a parent, sibling, close friend, or trusted advisor sharing some human flaw with you, often with the best of intentions. Maybe your mother said that good girls don't let themselves drink too much liquor. Or your teacher who helpfully suggested it was understandable you struggle with math because most girls just aren't that good at the subject. And they don't just happen in childhood (though these can often be the most insidious), they happen throughout your adult life as well. Maybe your child questions why you're always so late as compared to the other kids' moms. Society also imposes its own limiting beliefs, like if you're over 55 it's going to be impossible to get a job, perpetuating the aphorism that "You Can't Teach an Old Dog New Tricks." A true story, I was coaching a client who shared early on that because of his age (60!) he was concerned about getting a job in the tech sector. My comment, "Let's wait until you have data to prove this fact, especially in relation to you." After several months, he was negotiating salary offers with three separate companies (one of them being Apple Inc.).

Here's the reality. You are human with strengths, challenges and flaws just like everyone else. You can either identify those limiting beliefs that are holding you back and give them the heave-ho out of your life, or you can let them root, encroach on and diminish your life. You, just like everyone else out there, are meant to live an abundant, purpose-driven, and

joy-filled life. But how you actually live your life is ultimately your choice and decision. Start TODAY by recognizing those limiting beliefs, and turn them to your advantage. As an example, let's revisit the teacher who told you girls weren't good at math. It may be true that working with numbers/data takes you more time and energy (certainly my case), so pivot and focus on building on your other strengths -- perhaps working with people. You may want to also acknowledge that the fault might actually lie with the teacher. They might not have understood that some students learn numbers differently (again my case, as my high school math tutor can attest). Limiting beliefs are holding you back because you let them take hold, but you can affect change. Prune them back, dig them out, and replant with your goals, aspirations, and dreams.

Action: Share with me at kathy@clearvisionconsult.com what limiting belief you've acknowledged and how you've eliminated or at least reduced its impact on your life.

Clearing the Fog - Personal Actions to Eliminate or Reduce Limiting Beliefs

- **Recognize the Limiting Belief:** The first step in changing anything is being able to recognize that it exists. Limiting beliefs can be so insidious and with you for so long that it may be difficult to identify them. So what can you do? Focus on your thoughts and language, particularly the "I can't . . ." statements in your mind, along with the "If only . . ." statements said out loud. Then ask yourself where might these stem from? Talk with your friends and family to help you get answers. Again, once you recognize them you can work on them.
- **Reframe the Limiting Belief:** Examine the limiting belief critically against your current reality. What is the belief or story you've been telling yourself? What is true and what is imagined? For years I used to say I wasn't good at math. It translated to a limiting belief about my ability to talk in numbers and influence senior leaders. And while it was true that as a child math was not my favorite subject and I do not think in numbers (as opposed to my husband who remembers our home phone from 15 years ago), the reality is that I'm quite skilled at understanding how other people think and being able to influence them.
- **Ask for Support:** Moving beyond a limiting belief may require asking for support from others with more knowledge, expertise or those who know you well. For example, if you want to change your language, have a close friend share when you're using unconscious words that feed your limiting belief. My mother used to think her features were drab. When I pointed out brown was not a good color for her and bought her a top in bright blue and greens, she discovered a whole new persona. For me, to train myself to more effectively use numbers when talking with leaders, I enlisted a colleague to review my data in preparation for meetings. After a few wins, where I disproved my limiting belief, I felt much more confident and skilled.

Recommended Reading

Threescore and More: Applying the Assets of Maturity, Wisdom and Experience for Personal and Professional Success by Alan Weiss

I loved the book with its thought-provoking insights, powerful messages, and great ideas for putting ideas into action. According to Mr. Weiss, ageism is alive and well in our society and a huge, continuing detriment to high performing companies and people. Because of historical patterns, societal perpetration, and legacies handed down from parents, many of us experience the limiting belief that we're too old to pursue new life horizons. We give up living, though we're still here physically, by relinquishing our passion for life. Mr. Weiss points out that we are creating our legacy every day, and that our experience, maturity and continual learning ability must be nurtured and stoked. He provides concrete examples and gives specific solutions for how to live every day to the fullest. This is the

kind of book that makes you think, while at the same time promotes being excited about what you have to offer and share with others. A MUST read for anyone over the age of 50, and a SHOULD read for anyone younger.

April Blog Posts:

- [Activating Your Legacy](#)
- [Emerging from the Mist](#)
- [Discovering Your Unique Zebra Pattern](#)
- [Standing Out from the Herd](#)

New Arrival - Check out my newly published white paper, [A Heroine's Journey: Navigating Midlife Transition](#). It's available for my Newsletter community as a downloadable pdf, without having to complete the sign-up log.

Kathy Hart, Ed.D. has a driving passion for human change and transformation. Her goal is to provide women in midlife transition with the support and resources needed to re-imagine and lead even more abundant, joy-filled and purpose-driven lives. If you are a woman wanting to reclaim your voice, realize a long-held dream, or just live your life to the fullest, take concrete action by contacting Kathy at kathy@clearvisionconsult.com. The choice is yours!

Services that Kathy offers:

- 1:1 coaching to support the journey into your next life transition, whether work or personal
- Trusted advisor for women navigating work changes and requiring an expert guide
- Speaking and workshops on women in midlife transition, human change and transformation
- Small group work and team development to boost the group's performance