

Analyze your life to move forward

Are you stuck with negative thoughts that are limiting your growth? Mallika Bhatia says a life analysis can help you confront such thoughts so that you can grow professionally, financially and spiritually



Everyone wants to grow and evolve in life — in professional, fi-

ancial, spiritual and emotional spheres. The focus is always on growth. If the focus is clear and the will is there, then what is it that prevents us from achieving what we desire for?

Shed all negativities: The answer is our limiting beliefs; we harbour certain negative thoughts, feelings and emotions for ourselves and for the world around us. These thoughts are often unfavourable for our growth and are usually buried deep in our sub-conscious — this means that we do not actively know that we think or feel on a certain subject.

It is only after some deep analysis that we are able to ascertain these core feelings we have about ourselves and the universe.

A few common limiting beliefs is when we tell ourselves repeatedly that 'life is tough', 'success does not come easy', 'I am not in control of my life' or the most common, 'why me?' Many times these beliefs are negative and self-critical and through them, we

unknowingly curtail our growth.

Life analysis: Life analysis is a technique in which the life coach does a detailed analysis for a person to find the patterns that a person's life follows, and the unconscious feelings and needs that colour a person's life. Such people have multi-layered beliefs that hinder their own growth in various aspects of life.

In life analysis, the person first learns to recognize major faulty belief systems and feelings that limit growth. These could be multiple beliefs or just one major feeling. The life coach uses subtle yet focused questioning to help the person recognize these unproductive beliefs. The coach may even sometimes use simple tools such as analysis of drawings and handwriting to help the person confront unresolved issues. Once these issues have been identified, the next step is to heal and change these beliefs, thoughts and feelings and to finally help the person function from a set of new empowered beliefs. This effective tool helps you understand yourself deeply and move on in life if you feel you have stagnated.