

Rachel: Hello. This is Rachel Rofe, and we have an episode today with Kara Melendy. And we are going to be talking about the power of self-talk. So today, we're going to talk about what happens when we're in fear mode, or doubt, or overwhelmed. How we can step back from that and start to feel more empowering thoughts, so specific tangible things that we can do to feel better and to stop sabotaging ourselves. We're going to talk about how to set up a value system that helps you feel fulfilled. And we're also going to talk about certain situations. So I put Kara on the spot and I asked her questions about what happens if you're in this situation or this situation, how would you handle that? So that way, we can get practical real world application on what happens if we start to think negative things and how we can get around that. So I think it was great episode and I'm excited for you to dig in. So let's go.

Rachel: So Kara, thank you so much for being here.

Kara: Thank you, Rachel. I'm happy to be here today. I first came across your name on the Natural Born Coaches podcast by Mark Mawhinney. And I was just so impressed with everything you had accomplished and thought you were such a go getter, that I really wanted to connect with you. I remember I reached out on Twitter, and that's where I came across your podcast. So I'm looking forward to chatting with you today.

Rachel: Oh, that's awesome. I had no idea what the progression was there. Thanks for telling me. Very cool. Awesome. That was a fun show with Mark, actually. I really liked it. So cool. So one of the things I love to ask everybody when we get started, because this show is all about if you have a choice, choose a better life. So I love to hear just what other people have created in their lives and what they're proud of. So can you just take a couple of moments and share with us some of the things that you're really proud of?

Kara: Sure. One thing I'm really proud of in my life is my own personal growth journey. I went through a phase in my early twenties and during my university years, where I was very negative. I was someone who always had really big dreams. And at that time in my life, I felt like I wasn't living up to any of them. So I was unhappy with my relationships, with the activities that I was doing, with the money I was bringing in, pretty much my life in general. And I was also very stuck in a victim mentality, which I didn't realize at the time. Now in hindsight, I see that's what it was. And I would blame other people all the time for where I found myself and the situation, instead of owning up and taking accountability for the decisions that I made, and understanding that that

got me where I was at that point. All of this really began to shift about half way to the end of my graduate studies in Counseling Psychology, when a professor I had at this time, he was a wonderful professor, just really open minded and didn't stick directly to the curriculum.

He kind of went with the flow of the class and what we were interested in discussing. One day, he shared a video with us by a lady named [Ester Hicks](#), and she teaches on the law of attraction. It was just a short clip he showed us and it was just for discussion purposes. But her message resonated so strongly with me that I remember looking up so many of her videos, buying her books. And I would spend hours a day just taking all of this stuff in on the law of attraction and the power of our thoughts. She really put a spiritual component to it as well, that I was really drawn toward. That's when I began to realize that everything I wanted, there was nothing wrong with that and it was wonderful to have all of those dreams, but my current mindset was never going to get me there. So I began to shift that and really focus on being grateful for the people that were in my life, for the relationships I did have, for the money I did have, and just really practicing being happy in the moment instead of being so focused on what I wanted to achieve.

It was more, "Okay. How about just experiencing the joy in each moment?" And I also, around that time, began to realize that I was stuck in this victim mentality, and that was taking my power away. When I blamed other people and other situations, there was very little I could do to change the situation because I didn't see my role in it. So I began to take accountability for the decisions I made, not in a way where I was blaming myself, but in a way where I thought I have to own up to this and I have to stop blaming the people around me or else things will never shift. So I guess to answer that question, I'm really proud of how I've been able to work on shifting my mindset and shifting my thoughts, and how that altered every part of my life.

Rachel: I love it. And so to dissect different pieces of what you were saying, with the victim mentality, how did you realize that you were in victim mentality?

Kara: Well, I realized that I was blaming, especially, with my now husband but my boyfriend at the time, and probably wouldn't have stayed with me if I didn't switch out of that. But I would blame him for a large part of our situation, which wasn't his fault at all and it was really crazy that I would just assume that blame game. I think it was because I didn't want to take responsibility myself for what was going on. So that

was a big sign for me that I was in this victim mentality, with that I would constantly blame instead of seeing the role that I played in that situation.

Rachel: So do you happen to remember any of what you were blaming him for? Just like as a tangible example of what you were blaming him, and then how you realized that it wasn't his fault and what you could take responsibility for.

Kara: Sure. Some of the things would be the littlest things, which would be [inaudible 00:05:45] planned something. The party didn't go as planned, I'd blame him for something like that. Or just in our current situation, where we were living at the time, because he had got a job in this location and even though it was me that wanted to follow along, I ultimately didn't want to be in that place. So it was little things like that. Little things like maybe parties or things not going as planned, or something that he might have said that offended me. I would allow that to ruin my day. When I realized I was doing that, I was really able to step back. And what really shifted that for me was the realization that in doing that, I was constantly giving my power to him, and I didn't like that feeling of being powerless. So having that realization. What really shifted it for me, when I understood that if I took ownership for my life and my decision to move to this certain area, then I was able to make changes.

Rachel: Beautiful. And so if he were to say something today that would offend you, how would you respond with your current thought patterns?

Kara: I would own up to it more, and I would just tell him that that might have upset me and why, rather than play the mind reading game which I had done a lot in the past. I know with clients I work with, mind reading's behind a lot of low self esteem, victim mentality, as well as feelings of anxiety where we just think other people should know how we feel and what we want, but the reality is people don't know unless we tell them. So owning up to that and just having pure communication is a big part of that. And then also telling myself that how I respond is within my control. So I can't control what other people do or what other people say, but I can always control how I respond to that. So my thoughts in response to that, as well as the actions that I take in response to that.

Rachel: I'm curious. Have you ever had a time where you owned up to how you were feeling, and you had a tough conversation and it didn't go well?

Kara: That's a good question, Rachel. I think that's probably been a part of it. And that's been a tough one for me. And another thing I really worked to get over, was this idea of people pleasing, where I didn't want to say something that would offend somebody else. But I think, again, we can't always control how they're going to respond to us. We can only control how we deliver our message and what we say. So I'm trying to think of a specific incident, but I'm sure that would have happened along the way. I think usually if you have that open communication and you're willing to say your opinion and your side of things while still being open to hear other people's response, you can usually work things out and get around that.

Rachel: Yeah. Absolutely. And so how did you start to take your thought patterns? You were saying you were in victim mentality and you were thinking negative and lots of blame, and start to slowly shift it. So I know Esther Hicks has some really good information around this. I'm curious, in a tangible practical sense, of what were you doing to get your thoughts to change. I mean, these are things that you've been thinking for years and years and years, so it's not so easy.

Kara: No, it really isn't. It was an ongoing process. And it was about 16 years ago now that I came across that material. And I've come a long way since then, but of course, it's still work and I still have to catch myself. So one really tangible thing that I think is helpful for all the listeners to try to incorporate into their life, is to practice gratitude. I realize now that's what really helped me shift out of that negative thought process, because I was really focused on everything I didn't have and things that I wasn't happy with, which is a very lack mentality. But when you switch into gratitude, it's more of an abundant mentality. So focusing on things that are going right in your life, things that you are happy with. And that really begins to shift your perception to what is going right, and you create space in your life to welcome more of that in. So it's something that people can start anywhere, anytime. And it really is, I think, one of the best mood boosters, is to be able to practice gratitude.

Rachel: Totally. I remember hearing an Esther Hicks audio. I was doing one of my cross country road trips, and she had talked about...I think the specific example was, "You might be going to a hotel and you find that there's a hole in the rug. Some people will see the hole and will complain. And other people will say, 'Wow! I'm so glad to have shelter tonight.'" So it's really interesting to see that same thing and the different ways that you can respond to it.

Kara: Absolutely. And it really does all come down to our perception. And it's so interesting to see the different ways people will respond to the same situation. Your example of going to a hotel and maybe not having things go exactly as you planned in your mind, some people will stay so focused on that, that they allow it to ruin the rest of their night or their vacation. Whereas other people focus on the fact that I have arrived, and really being proactive too and saying, "Well, what are the next steps I can take to address this as well?" So I really do think it all comes down to perception. And gratitude is a big part of that. Another big part of shifting your mindset as well, is awareness. So in order for you to change anything in your life, you have to first be aware of what your current thought pattern is and what your current belief system is, or else it's going to be hard to shift something that you're not even aware of.

Rachel: So once you're aware, how can we change our thought patterns?

Kara: When I talk and work with clients, whether it's through coaching or counseling, I usually walk them through this three step process that's really good for challenging some of our thinking patterns. And that first step is really being aware. So aware of our self-talk, and many people call it that "inner critic" as well, and being aware of when that comes up because it may... I mean, we're not going to have that all the time. With certain things that are going well in our lives, we're more likely to have positive self-talk around that. So for instance, if we're really happy with our health, our nutritional level, we're likely to have very positive thoughts around that, positive thoughts around exercise and the meals we make. But maybe we're struggling in our career and not happy with our work, or not happy with the money we're taking in. So in that situation, it's good to become aware of what some of the thoughts and beliefs might be behind that, that are driving our actions and that are not getting us the results that we want.

So focusing on areas that are going well, as well as areas we'd like to improve, and noticing the difference in our thought patterns in those two different areas can be very important. Awareness of the words we use is another big one. So if we listen to somebody speak, we can get a pretty good idea of what that underlying belief system is, simply by listening to the words that they choose to use. Certain words like "I should do this" or "I have to" can be very disempowering. So even changing that, instead of using the word "should," use the word "could," so "I could do this" or "I choose to do this." Simple things like that can be things that

we can become aware of in our life. If we look at our New Year's resolutions and we realize we've had the same resolution for the past five years of our life, that's a really good sign as well that there's likely a limiting belief that's keeping us trapped in a cycle of creating results that we're not happy with.

Rachel: How else do you recognize when there are limiting beliefs?

Kara: Well, looking at results in our life is a good one, because we always know areas we're not getting the results we want. That's an area that we're likely to have limiting beliefs. Paying attention to the way our emotional response to people as well. For instance, if somebody new reaches out to us from work and wants to go grab a coffee and we're not familiar with this person, it's really if we could watch our thoughts in that situation. If thoughts came up, trying to think of an excuse or "I don't know if I want to go with this person. We might not have anything to talk about" or "what if I don't like them," that can be an example of some limiting beliefs as well. So paying attention to our initial responses to different people in this situation, can be revealing of some limiting thoughts that might be behind that. And that's just the first step of the process, is becoming aware. And I think that's a huge step because, again, without that awareness, we can't really move forward.

Rachel: Interesting. So if you do get the email and someone wants to go out for coffee and you're thinking "I don't really know if I want to do this. I don't know if I like them," what's the limiting belief there?

Kara: So a limiting belief behind that, and there may be some different ones, it sounds like it would be coming from a place of fear. So it could be, "When people really get to know me, they don't like me after all." That could be one of them, or "I don't know how to interact with people in social situations," or it might be "I'm no good at making small talk." So it can be different beliefs there. And our beliefs are often...well, they are formed at a young age. So up to the age of seven are the times when our beliefs are being formed. So what happened in those first seven years of our life can also be revealing as to some of the beliefs that might be behind that. Like, we may have grown up with a mom who was very isolated and didn't have a lot of friends or a lot of socializing, and we had picked up on some of those traits or behaviors that she took on early on and may also feel ourselves. Even though it's years later, we can still hold that belief that "I'm not good in social situations" or "I'm not worthy somehow."

Rachel: So if somebody recognizes that they have a limiting belief, but they don't really know where it came from, because I know sometimes it can be helpful to trace it to the original thing and change it on the story. But if you can't figure out where your limiting belief came from, but you know it's not serving you, how do you get rid of it?

Kara: Well, once you're aware of what those beliefs are, it's really important to begin to challenge them. So we tend to think that our beliefs are true and that they're factual. And we really almost want to defend them in a way. Often, that's on a subconscious level, so we're not consciously aware that we're doing that. But we become so attached that we tend to reinforce that throughout our life. So once we're aware of what the beliefs are and we know it no longer has a place and it's no longer serving us in where we wanna go in life, it's important to challenge that belief. So if you had that belief that "I'm no good in social situations," look for examples that show otherwise.

So look for times when you met up with people and you really connected well with them, or examples of when you really formed a positive or strong bond with somebody in your life. Sometimes it's helpful to look outside ourselves as well. So looking at the people around you that may be in healthy relationships, or that might get a call from somebody to go out for lunch or to get coffee, that they don't know, and they'd jump on that opportunity. So seeing that "just because I have this belief," it doesn't make it factual, it doesn't make it true. And there's other people that can believe otherwise and then they get different results.

Rachel: Yeah. This is making me think of... My boyfriend and I, we have a friend who will go into any place, it doesn't matter where - he just did this...I don't know. We were hanging out with him a couple of weeks ago - he went into some bar and he was in there for 15 minutes, like, this big bar with all these V.I.P. tables. And he's at a table, within 15 minutes, like, schmoozing with everybody. And my boyfriend and I were both like, "We couldn't do that." But now that you're talking, I can see that we're just re-shifting around to "Well, here are times when I instantly connected with people." I mean, can you actually go with me and dissect some of the limiting beliefs that would make us think that, and then how we could switch that?

Kara: Sure. Yeah. That's a good idea, Rachel. So if you come in and you initially have that thought that "I couldn't do that," first having that awareness, "Okay. I had that thought, 'I can't do that,'" and then questioning it, so "Why can't I do that?" And then paying attention, so

what emotions would come up for you when you had that thought, "I can't do that"?

Rachel: Emotion? Overwhelmed for sure. I think overwhelmed is the biggest one, and then just feeling unstable?

Kara: Right. So overwhelmed or unstable. Okay. And being aware of that emotional response is important too, because then you could ask yourself, "Well, what situations have I been in in the past that evoked this feeling, that made me think I couldn't cope with it or move beyond it?" Because I think often in those situations, people would have that sense of overwhelming fear. And it's just whether we continue to go for it anyway, or whether we allow those emotions to hold us back. Does that make sense?

Rachel: Mm-hmm. Yeah.

Kara: So being aware of that. And also, that's a good way your emotional response can get to some of your beliefs, and then also thinking of times in the past. So even, for example, Rachel, if you could think of a time in the past where you had joined a social gathering or a group where you didn't know anyone before, is that something you have done in the past?

Rachel: Mm-hmm. Yeah.

Kara: So recalling that situation as well and saying, "Okay. Well, what thoughts were going on in my head at that time that lead me to move forward?"

Rachel: Yeah, that's true. And so the thoughts then were just... I remember there's a coach in New York called [Mama Gena](#) and I went to her seminars, like, a several weekend thing. And the first time I went there, it was crazy. And there were like pink boas everywhere, and she was very over the top. I had no idea what I was getting into. And so I told myself just, like, "Let's go until lunch break and see what happens." So just little bits at a time, just get through that minute.

Kara: Awesome. Absolutely. And I mean, one step at a time is the way to go. Because often if we are feeling a sensation of overwhelmed, it's because we're processing too much at once, and likely jumping too far into the future and thinking, "What if this happens? What if I'm asked a question that I don't know how to answer? Or what if they involve me in



something that I'm not comfortable with?" Usually, overwhelmed is when we're jumping too far into the future and making all these assumptions. Whereas if we can stay just one step at a time, it really helps us stay more present and more in the moment, which makes it much easier to move past any limiting beliefs that we do have.

Rachel: Beautiful. And then so if I wanted to go try randomly getting into a table, would I just keep reminding myself of that time when I went into the event last time? What else would I do? Or is that it?

Kara: Well, that can be really important, is to draw on that memory of the past, because that can boost your self esteem and it really turns your attention to the fact that, "Well, actually, this is something I can do and I've done it before." And to have that on your mind, can give you that confidence that you need. Absolutely. And another thing is to really stay focused and really stay grounded in the moment so you're not as likely to fall into old behavioral patterns or limiting beliefs. Because again, our limiting beliefs are really from the past that we've collected and taken with us today. And they're not true in any way, but often, we tend to reinforce them. So if you're really able to stay grounded and present, so you would take a deep breath and say, "If this is something I choose to do, I'm gonna move forward in it." So when we're in the moment, we're much less likely to be controlled by those limiting beliefs and be stuck in behavioral patterns that no longer get us the results that we want.

Rachel: That makes sense. And so the other thing I'm curious about, we were talking about overwhelmed, and so I know a lot of people feel overwhelmed about their schedules, for example. And so is that looking too far, I guess, in the day and seeing all the things that has to be done? Is that usually what causes the overwhelm, or is there a different, I guess, limiting belief behind this?

Kara: Yeah. I think it could be a bit of both, Rachel. I think often overwhelmed is looking too far ahead. So we wake up in the morning and we do it in such a busy fast paced society, it's easy to think, "Okay. I have like a million things to do. Where do I get started?" And when I work with clients, I really recommend they focus on one thing at a time. So even when they're setting goals, really focus on one goal at a time because it makes it much more manageable and more likely that you'll actually accomplish things, too. I feel, when we have too much going on at once, it's like we don't know where to begin. We get so overwhelmed that we don't end up accomplishing anything. So if you can just focus in one thing, your main priority in that moment, that can really give you the

focus that you need to move forward, as well as the confidence that you need to move forward.

Rachel: Awesome. That's a great idea. So with the people that you usually work with, are there themes that tend to come up a lot?

Kara: Yeah. Well, it's definitely... And that's why I always like to bring it back to our mindset, because I find no matter the clientele I'm working with, if they're not getting the results that they want in their life, there's usually a limiting belief behind that. So when I work with clients who have anxiety or depression, there's often a lot of irrational thinking patterns that are associated with that. So things like mind reading, thinking you know what other people are thinking of you, or thinking you know what's going to happen in the future without having that insight. Or another big one is generalizing the specifics. So one specific incident or event is generalized to your whole life.

Maybe it's a co-worker that tells you, "You're not very good at your job" or "I'm really disappointed in you," then you generalize that to mean that you're horrible at work and nobody thinks highly of you. So a specific incident becomes generalized, or there also tends to be the all or nothing thinking patterns. So either I'm perfect at this, or I can't do it at all. So for instance, trying out for a sport. You might have the belief, "Okay. If I can't be the best soccer player, or the perfect soccer player, I might as well not try at all because I'll be horrible at it." So there's certainly a trend in irrational thinking patterns that go along with anxiety and depression. So that's just one example of how our mindset can influence us. I see clients that come to me and they're wanting to make changes and be in their career.

They're not happy with what they're doing right now and want to do something that's more aligned with their passion in life. Because I love helping people get in touch with what they're passionate about and then building a career and a life around that. So if people are stuck in a job they don't like and feel they're not coming from a place of passion, there's often a mind set there that's stopping them as well. Like, they may have learned early on from their parents that you go to school, you get a good job, you work 9 to 5, it doesn't matter if you enjoy what you do, that's just just life. That's what you do. And so it's usually dissecting the mindset behind it. And when I do that for clients, everything begins to shift. Because our actions, obviously, are super important as well, but our actions and the steps that we take in life are all going to be a reflection of what we believe about ourselves and the world around us.

Rachel: Absolutely. So this then makes me question: How can you tell if something is a limiting belief versus something that is holding you back from doing something that wouldn't be good for you, that isn't safe for whatever reason?

Kara: Yeah. That's a good question. Do you mean, Rachel, between your intuition or something not going well, and maybe you're holding yourself back in some way?

Rachel: It could be that. I guess the other thing I meant is maybe there's just something that just wouldn't be a good situation for you. So maybe let's say someone invites you into some business opportunity. And it turns out it's probably not the best business opportunity in terms of, I don't know, maybe the owners are shady or something. But if you get an instant no, I mean, I can see where people say is this a limiting belief about maybe "I can't make a lot of money" or whatever it is. I guess, how can you discern?

Kara: Right. Yeah. That's a really good question. I like that. And I think that really can come up a lot when people are beginning to challenge their mindset and really step out of their comfort zone, where they do... There does come a point where they have to ask themselves, "Is this a limiting belief that's holding me back from moving forward, or genuinely something that is going to be in my best interests?" And I think a lot of it is really trusting ourselves and knowing our self well. And in addition to doing a lot of work with thinking patterns, in my practice I also do a lot around energy psychology and trusting our body and the signals we get. And for me, that goes hand in hand with being mindful and being in the moment. And I think we really need to go inward and ask ourselves, "Is this going to be the best move for me?"

So to use your example, Rachel, in terms of business, to say, "Does this resonate with me? Or does this feel like something that's off?" And seeing the difference in that. And sometimes it can be coming from a place of fear, of not wanting to move forward or step out of our comfort zone. But I feel that is something that would affect us or feel very differently internally than something more like, "Okay. I wanna do this, but I'm lacking confidence in that." And another way we can discern, besides going inward and really listening to our body and the cues that we're getting, is also paying attention to our thoughts around that. So when somebody first contacts us and we get that offer, what thoughts come up? Is it, "Oh, I can't believe they think I'm qualified for this. This

isn't something I want to get into"? Or is it more, "Well, I don't know. This just doesn't resonate with my value system. And this isn't the direction I see my career going in"?

Rachel: Yeah. That's a really great distinction. Thank you. That makes a lot of sense, and I think that's going to be really helpful for people, just to know the difference.

Kara: Wonderful. Yeah. And I mean, our values are huge. That's another thing I do a lot of work around. And I think anything that comes into our life or opportunities that come up, we really will benefit from asking ourselves, "Is this in line with what I value?" Because if we're following our value system, then that's ultimately what's going to bring us a sense of fulfillment in life.

Rachel: So when you say value system, I know this is something else that you talk about a lot, can you share with us a little bit about what a value system is and also how to create one?

Kara: So values are the things that we care about the most, things that really matter to us. And I think it's so important that we take the time to reflect on that. Because just as our beliefs are formed early on in life, we can often pick up values early on based on what we witness from our parents or caregivers, from our teachers, from society in general. And it's so important that we step back and say, "Are these values that I've taken on, do they resonate with me?" So really, it's about reflecting at times in our life when we feel a sense of happiness, a sense of fulfillment, thinking about things that are really important to us and really matter to us. That's a great way to build up your value system and allow that to guide your actions.

And really, you know if you're living from your value system, because you will feel that sense of fulfillment and being happy in life. But if you constantly feel like you're setting goals and working toward achieving things... And you may even be reaching those goals, say, in terms of your business you may be getting, a raise in the work force, or people around you might say, "It looks like you're doing well. It looks like you're progressing." But if you have the sense within you that something feels off or you're not satisfied with what you've accomplished, that's usually a sign that what you value and how you're spending your time is not in alignment.

Rachel: And do you choose your top X amount of values? Is that how you do it?

Kara: Do you choose what? Sorry, Rachel.

Rachel: Do you look at a certain amount of values that are identified as your most important?

Kara: Yeah. That's a good question, too. Because when we first start thinking about what's important to us, it's easy to have a huge list. Like, you know, I like travel, I value freedom, I value my friends, family, health. It's easy to create a pretty big list early on. So what we really want to drive our actions, are those core values. And for most of us, that can be down to about five core values. Because there tends to be a lot of overlap in them as well. So for instance, if we really valued freedom, we value travel, we value adventure, it's easy to see how those are all kind of connected. Or maybe we value routine and security in our life, or having a schedule. Those are all associated as well. So looking for how the things that you value relate to one another, can help you get to those core values. And it's hard to put a number on it because it's gonna be different for each person, but it seems that when you do the work of getting at those core values, it's usually between five or seven core values that people have.

And once you have your values, that's when you wanna go to the next step to say, "How can I take these and build a life around this? How can I spend my time on a daily basis?" So it's a reflection of what I care about the most. So if we really value our health, we have to ask ourselves how that plays out in our everyday life. Are we taking time to make healthy meals? Are we taking time to exercise? Or if we really value our career, what are we doing on a daily basis to further ourselves in our career, or to network with other people, or to make these connections? So it's really important to see how I spend my time and when I make a priority, and how that relates to those core values.

Rachel: I can see how that would lead to a lot of fulfillment. And I'm curious also. What happens if people have conflicting values? What if someone has freedom and routine in their value system?

Kara: That's a good question, too, Rachel. I think that often does happen, actually. Because those are two prime ones that are important to a lot of people. And most of us really want that sense of freedom in our life, but yet we like a sense of routine, too. So when that happens,

it's really asking ourselves what comes first in our lives, so what really takes precedence over the other. And if we look at our actions and the choices that we've made in the past, it's usually pretty clear what one would take precedence. Like if we really value freedom, we're probably not going to want to be the type of person that works a 9 to 5 job, or that schedules everything out, even on our weekends.

We're more likely just to be more spontaneous, go with the flow. We value flexibility at the same time. Whereas if we're more routine oriented, we like that 9 to 5. We like having a schedule, even on our weekends. We get up at a certain time, go to the gym at a certain time. So really see how your actions are dictating what you value and what's a priority in your life. Because if we look at our actions, our behavior, how we spend our time, it brings some clarity about what would come first.

Rachel: And do you find that people's values change over time? Maybe when you're younger, you value freedom more than routine?

Kara: Yeah. I think they absolutely change. And there tends to be some key spots in our life where they shift, like when we first move away from home, whether that's college or university, or we're going out to get our first job after graduation. There tends to be a big value shift at that point in our life. When we get married or have a family, when we retire, the things that are important to us tend to shift. Also, if we had a traumatic experience or even just a life shifting experience or life awe moment, that's likely to shift our values as well. So it is important to constantly check in with ourselves. It's not like we set our values and then we have them for life. They're definitely likely to alter. And I find the more we work on ourselves and the more that we're into personal growth, the more likely they are to shift more often as well.

Rachel: Awesome. That makes a lot of sense. And so one other question, going back into the power of self-talk, because this such a fascinating topic that I think so many people can relate with, everyone can relate with. What if you have a doubt coming up a lot? Is it just a matter of going back and every single time you feel doubt or even really anything negative for that matter, just go back and identify what limiting beliefs can be happening?

Kara: Yeah. I think that's important, but at the same time, we don't want to get so caught up in analyzing. I think there comes a point, too, where we can analyze so much that we become overwhelmed. So having that awareness is important. And I think many thoughts and beliefs too can

even be categorized as coming from a place of fear or coming from a place of love, or being expansive in nature or something that's more contracting. So really paying attention to even those sensations and being able to categorize them as one or the other, can be very helpful. And usually, if we have a lot of doubt surfacing, it can be related back to not feeling worthy somehow.

And again, sometimes people hear this and they think, "Well, I know I'm worthy," and they absolutely are. We all are. But on a conscious level, we can feel that, yet on a subconscious level, we may be running the program that, "I'm not worthy. I don't deserve to have good things happen to me." And it's really those subconscious beliefs that are going to drive our behavior. So if we have that doubt that keeps popping up, it's likely somehow related somehow to not feeling worthy of the results that we're getting in our life.

Rachel: Got it. That makes a lot sense. Awesome. Well, I think that this has been great. I think we covered all kinds of ground. And you've given such great, practical advice on how people can fix it. Not fix it but how they can do even better. And I love how we went into that random example and you really broke down really well how to analyze it. So thank you so much for that. And can you let people know where they can go and find out more about you?

Kara: Absolutely. So they can pop over to my website, and that's [www.koachingwithkara.com](http://www.koachingwithkara.com). And I'm actually giving away a [free gift](#) right now that's on managing stress in your life and restoring balance. So lots of good tips on how to increase your stress tolerance, even some of the benefits to stress, as well as there's different breathing meditations I included in there, different energy work. And that's available. It's a free gift right now, if people are interested.

Rachel: Awesome. Well, thank you, again. I know this podcast is gonna help a lot of people.

Kara: Oh, I hope so, Rachel. It was great having the chance to connect with you.

Rachel: Likewise.

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I really appreciate you.

With love,  
Rachel Rofé