

# Day 2 – At the mountain inn

**Course:** Climb Your Mountain

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## What will you let go of?

On day 1 you unpacked your ‘mental’ gear and created a list of all the things that cause you stress: your stressors.

Before we continue our trek, you will have to sort out your ‘gear’ and decide what you will bring along, what you’ll give (back) to others and what you will leave behind. After all, there is only a limited amount of space in your backpack and you want to use it in the most optimum way.

Also, you’d probably like that backpack to sit comfortably on your back so that you’re actually able to carry it.

### Roles & beliefs

To further help you ‘sort out your gear’, today’s questions are meant to help you reflect on those stressors and the roles and beliefs they are linked to.

Why is this important?

Because your roles in life as well as your beliefs are likely to be a major part of why you are experiencing some, if not (almost) all, of your stressors.

We take on roles and beliefs over the course of our lives. Some of them consciously, but many of them not. They are part of our upbringing, our family, the culture we were raised in, the schools we went to and so much more.

Though we may develop some roles and beliefs deliberately, most are so ingrained within us that we are not conscious of them. It is only when we pause and take stock – like you are doing now – that we start to see which roles and beliefs no longer serve us. Which actually prevent us from moving in the direction we want to go.

Letting go of or changing roles and beliefs can be challenging because even when they hold us back from living our Best Life, their familiarity give us a sense of comfort.

To break out of this we have to remember why we want to change. Having a strong enough reason to change and being able to imagine what life will then be like, we can create a different reality.

We start creating life as we want to live it — our Best Life.

## Homework

Take your time to answer the questions on the next pages. Should you need more space take out a journal or different materials to explore this further. Remember this is about you and the deeper you can go reflecting on these questions the better quality your life will ultimately have.



*Take a look at your stressors and the categories they belong to. How and to which beliefs of yours are they connected? How and to what roles you have in life are they connected?* Roles you can have in life are for example son, daughter, father, mother, wife, husband, partner, brother, sister, friend, partner (in work), manager, employer, employee, colleague, mentee, mentor, church member, etc.

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*For each role, where did you learn to fulfil the role – or – who told you (or modelled) how to fulfil it? For each belief, how did it become yours?*

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*Who, if anyone, would be affected by you letting go of (or changing) the roles, beliefs or stressors that don't serve you?*

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*How do you benefit from maintaining these stressors, roles and beliefs as they are?*

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*How would you benefit if you were to change or let go of them?*

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