

Kickstart Your Breakthrough in 10 Minutes!



J-D Nel

Kickstart Your Breakthrough

Ready to Shift Your Whole Being?

If you are reading this I would bet you are ready. I applaud your desire and willingness to work on yourself!

In every day our paradigm - the pattern we expect to see - determines our realities. Stated in another way, what we believe will happen governs our actions and the way we treat ourselves and others.

If you want to shift your whole being - mind body and soul - you need to start with what you believe and how that influences the patterns that you expect to see daily. Through all the challenges I have discovered more purpose through pain than I can ever have imagined.

Life does not happen when everything goes well. Life happens in the moments that hit you like ice cold water or fiery hot coals. You then have a precious opportunity to respond, not react. What's the difference? The difference is that when you react, you are not consciously choosing what you want to do after the original stimulus. When you respond you are choosing how you behave after the original stimulus.

Successful people have mastered this. The power to choose what you believe or how you see the situation is the key to breaking old habits, starting new ones and moving from stuckness to growth!

Like the the picture on the cover - you need to believe that you can make the leap! The gap between where you are now and where you want to be is not as big as you think.

Changing the way you see God, yourself, other people and life (disguised as problems) is the key to powerful change.

Go from survive to alive today!

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The Power of Belief in Action

I love this whole thing around belief. It is so powerful, yet so enigmatic. What is it? How does it work? Where does it sit? Do I have enough? HOW DO I CHANGE IT!?

I have had personal challenges around my own beliefs for many years. I have specifically struggled with self-esteem. Not general self-esteem, but more focused in the area of gifts and accomplishment. Even though I have lived a very happy life, I have had many struggles in expressing my gifts and abilities on a daily basis. I *believed* that my self worth depends directly on how much I can show off how smart I am and how much I know. Boy, was I wrong...

Here is what I have learned:

1. Your character will destroy what your gifts have built, unless your are transformed
2. It is all about growth

For too long I pushed to be recognised, be esteemed and be significant. It was not until I experienced Fatherly love that gave me that certainty in my heart that I could start to live it. Life is always a paradox: the harder you push to get life, the further away it moves. To get life, you have to let it go. The fear has to be displaced by God's love.

So, both points above come down to the desire you have in your heart. If you push to fill the emptiness with the accomplishments of your own hands it will be destroyed. Life is a process of becoming. If you let go of the belief that you are only valuable if you do something amazing, and rather allow a full heart to guide you on a journey of learning, you can be doing exactly the same thing, but with a completely different motive.

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I changed my core beliefs about my self-worth with the help of God. When I saw myself through His eyes I got truth about myself. Before that, and with my own abilities, I could not make the change. It took 12 years of physical pain, career failure and financial struggle before I could let go. I used to believe that I am responsible for my physical illness and I even deserve it. Once I saw that I am not responsible, but that I can give it to God I have started to heal. The first part of the healing is the peace that I now experience.

I have also been very hard on myself because I have not been as successful as I believe that I *should* be. I now believe that I have faithfully responded to every opportunity to learn that God has set on my path. I also believe that He is proud of me for working through emotional hurts and getting rid of things that separated me from Him. I can now be much more patient when things don't go my way. I look for the opportunity to grow closer to God through the challenges and see that as the way that I build character in order to inherit my full calling for eternity.

People don't change unless the pain is big enough. I foolishly prayed that God must bring me closer to Him, give me wisdom and reveal Himself to me. He responded with an intensive training process using the physical and emotional pain in my life as the curriculum. I leaned in! Even though it was with some screaming and shouting at times (OK, a lot of screaming and shouting), I stayed the course and I can say that the journey has only now begun. I have graduated my training and can now start with my assignment in full.

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Your beliefs are usually challenged during times of pain.

Pain is the best instructor, but no one wants to attend his class.

Choi, Hong Hi

Where are you? Are you leaning in? What are you learning?

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Are You Hungry for Meaning and Purpose?

On a daily basis I encounter people who ask me how have I been able to find work with such meaning and purpose? The answer to that is not one that many people would like to hear. It is also a long story, but it starts out with a specific question: Are you hungry for meaning and purpose?

You see, I won't stop. I believe that each and everyone one of use has a purpose on earth. All of us have been created unique and can serve from this unique beauty that we possess. Once we align this beauty with the One who made us a river of life is released from within us.

WHETHER YOU
THINK YOU CAN,
OR THINK YOU CAN'T.
YOU'RE RIGHT.

(HENRY FORD)

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Through many of life's challenges I have embraced the pain as part of the process. From a young age I was willing to take foolish risks in order to pursue a life of meaning and purpose. With every new role and opportunity that I grabbed hold of, I was able to make great strides in connecting my identity with my destiny. It is a lifelong process, but I can attest to growth in the areas of spirituality, relationships, money and health.

Where are you? Are you hiding behind your belief of insignificance and impossibility? Are you telling yourself that you don't have that unique edge? Are you telling yourself that you are not special? I am not suggesting that you try and take over the world, but perhaps your power to realise meaning and purpose is right under your nose. Maybe you will have to take some risks. Those are normally the risks you need to take in order to catalyse that dormant potential for positive influence in your world.

The path to meaning and purpose is catalysed by the power of belief.

Perhaps you need to sit down with someone **like me** that can help you chart a way forward. Whatever you do, you need to answer the question: are you hungry for meaning and purpose!?

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Define Your Life

Define Your Life! What is life? What is your life? Can you write down different characteristics that make up your life? Do you define it by the time you spend at work or with family? Define your life. Go ahead, do it right now. Write down what defines your life. What are your significant relationships in this instance? What are you good at? What brings you joy? What is the difference between short-term and long-term satisfaction? What are your values? What do you contribute? How do other people see you? How do you make other people's lives better? How do you bring joy into this world? The quality of your life is only as good as the questions you ask.



This is the power of belief - change the way you look at yourself and others and change your life! You are the hero/heroine in your legendary story. With every twist and turn you can decide to face the dragons or turn and run. Don't let the pressure of society and 'the way it is usually done' pierce your armour. If you have read this far it means you are looking for something. You are hungry and ready to make a change. You are ready to start looking at the beliefs, the paradigms, the patterns that rule your life and start ruling them. I challenge you to flip the page and connect with me so that we can start to activate your purpose, shift beliefs and move from surviving to truly living!

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Yes, You Can!

Don't let another day go by that you tell yourself you will tend to your own growth when you get the time, money or energy. It will never come.

Decide today that you want to change your beliefs. Decide today that you want to go from surviving to living!

[Learn more](#)

About the Author

J-D has been working with individuals, entrepreneurs and leaders for more than a decade. He has successfully guided organisations and individuals to reinterpret challenges and move from stuckness to growth. From years spent learning and growing as entrepreneur, consultant, coach and facilitator he helps individuals through Power Coaching techniques to align to purpose identity and meaning.

You can learn more about J-D from his [LinkedIn profile](#)