

The Questions That Nobody Has Ever Asked You

Beliefs Edition

m o o n b e a m m o n d a y . c o m . a u





Welcome.

I'm Rebekah King (you can call me Beck).

I'm a Mind Performance Coach, and the person who has spent the last five years asking people the questions they've never thought to ask themselves.

These questions are the ones I come back to again and again with my clients. They're simple and they have a way of surfacing things you didn't know were there.

Set aside ten minutes, bring your journal out, find somewhere quiet and write whatever comes. Trust your first instinct and give yourself permission to be completely honest, even when it feels uncomfortable.

When you're done, I'd love to hear what came up for you. Send me a message at rebekah@moonbeammonday.com.au - even just a line about the question that hit the hardest. I see every message and will respond personally.

Now... go be honest with yourself.

With gratitude,

Beck.

Now. The Questions...

1. What's a belief about myself I've never actually stopped to question... that I've just accepted as true?
2. Whose voice is it, really, when that belief shows up? Is it actually mine, or that I picked up from somewhere else?
3. When did that belief first form? What was the moment... or has it just always felt true? (Go deeper here).
4. What has this belief cost me — in decisions I didn't make, or the ones I made instead?
5. If I found out today it was never true, what would I have done differently over the last five years?
6. What would I do this week if I knew, without question, that the belief wasn't real?
7. Who would I be if I finally put that belief down?



**If something came up that you
weren't expecting - good.
That's exactly the point.**

And if it brought emotion with it, that's actually a good sign, not a bad one.

Emotions that have been sitting underneath the surface for a long time have a way of making themselves known when you finally stop and ask the right questions.

That feeling is information, not a problem to manage.

It's your mind and body telling you that something here matters and is ready to be addressed.

The worst thing you can do is push it back down and wait for it to go away. It won't. It will just keep showing up in other ways - in your reactions, your decisions, your relationships, the way you feel when you wake up on a Monday morning... an eventually, your health.

The questions in this guide are a starting point. If something surfaced that you'd like to explore further, I'd love to hear from you.

This is exactly the kind of work we do together in my **free 5-Days to Clarity Challenge**, where we go beyond the questions and start to change your understanding of what's underneath. Because understanding is what makes change possible.

Reach out via email or through socials, directly:

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