

### **Chau's story: Beliefs are only beliefs.**

You may remember a recent tip detailing our experiences in Vietnam earlier this year. Chau runs her own very successful tour company and was our guide. In response to last month's tip she writes:

*I would like to share my own story with you and your readers.*

*You still remember; I am not good at cooking. And in terms of cooking ability, I am a big zero number in my family. All is teasing me about that. So, I myself think that I am very clumsy.*

*But, 2 years ago, my whole family travelled together, except me and my husband, to another city in Vietnam. It was 4 days we stayed alone at home. The first day, we went out for meals, but too much money. So, on the second day, I decided to do some little cooking. I cooked fried seafood noodles. It took me 25 minutes to do that. I had to see instructions in the cooking book and did that step by step. Surprisingly, it was fantastic!*

*It turned out that I can learn to cook, if not so good like other girls in the family. But at least I can do the basic meals. And since then I learn one new thing: I should try to learn different things and keep in my mind that if I am able to do that, I will be successful.*

*That is my little story.*

*Chau.*

I guess most of us put off doing things because we think we can't or think that we won't be very good at them. Beliefs are only beliefs and, as Chau showed, unless you challenge them sometimes they can hold you back.

Food for thought?

Thank-you Chau for sharing your story.

More tips can be found at [www.iridiumconsulting.co.uk/links.html](http://www.iridiumconsulting.co.uk/links.html)