

Week 9

Intention: Disbelief part 2

What belief do I need to change

How to expunge a negative or limiting belief, and build the opposite positive belief

My negative belief is: _____

Where does the belief come from: _____

	Beliefs I have the support my limiting belief. Blue legs	Are these reasons valid?	Healing sentence. Red legs
1.			
2.			
3.			
4.			
5.			

Breaking down limiting beliefs

1. Give me some evidence that supports this belief being true.

2. Is this belief true for 100% of the time in your life?

3. Does this limiting belief take into account both negative AND positive things that have happened in your life?

4. Does this belief work for or against you?

5. Did you choose this belief or was it influenced by family, friends or teachers?

Using healing sentence

Also known as affirmations. I personally love healing sentence. Here are some tricks to create a healing sentence that work.

1. Stick to the truth: The way to find a healing sentence is the think of what you believe and create a sense with the opposite meaning. However, in my experience its essential to stick with the truth. Never lie to yourself. Let's think about this for a moment.
The way you stop believing the negative things you say is by focus on them and create doubt, right? It will be more difficult to create doubt if you really don't believe in the healing sentence. So stick to the truth. Let's say you believe you are terrible at presenting in front of an audience. So instead of just think what is the exact opposite. Example: I am great at presentation.
Create a healing sentence like. I have all the knowledge and understanding to present effetyly.
By sticking to the truth and not "I am great at presentation" in the example above. You will not create the necessary self-doubt.
2. Here is another way of using healing sentence. Let's say you have a wild older brother that never helps you parents. This frustrates you. In fact, you battle to have a relationship with your brother and when ever you think

about your brother you start thinking negatively. If you change the negative thoughts to a positive fact. Like 'Brothers name' you are the big one and I am the small one.

This statement because its true and expresses what his responsibilities are this could relieve your frustrations.

3. Create all healing sentences as if they have already happened. I am, Not I will.
4. Make sure you see your healing sentence everywhere. On your phone when you unlock it, on the desktop of your computer. Everywhere. Repetition creates doubt.
5. Change your sentence if needed.

Action Step:

- What do you believe about yourself
- Complete the worksheet on Disbelieve
- Spend some time on Evernote to formulating your action plan for the week
- Morning pages.
- The artist dates.
- Say something nice about yourself as often as you remember.