

BELIEFS

"BELIEFS CREATE - BELIEFS DESTROY!" - TONY ROBBINS

BELIEF = having absolute certainty about something.

Sometimes acquired consciously, sometimes unconsciously.

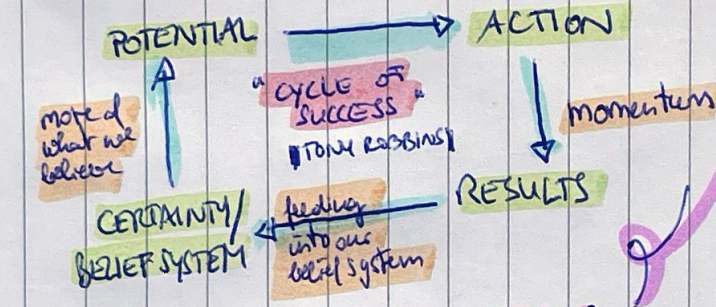
WORDS CREATE BELIEFS (→ Linguistic Programming) = STORIES

STORIES SHAPE WHO WE BELIEVE WE ARE + ARE CAPABLE OF BECOMING.

EXERCISE "Story of A Life"

Journal about:

- What does an extraordinary life look like for you?
- What has or is preventing you from creating this new life?
- What needs to change to make it happen?
- What are the 2 most stressful thoughts that consistently come up in your current life?
- What would be the antithesis of your old thoughts?



HARD TRUTHS

→ we hang on to our pain as long as we value something else more!

beliefs are shown in our emotions

- track your emotions
- where do you put your Focus?

EXERCISE "FIND FOCUS"

- during the following week choose one occurrence that challenges you
- ask yourself the following questions, relating to said situation:

- what are you focusing on? - what does this focus mean to you?
- what are you going to do about it? - are you focusing on the past, present or future?
- are you focusing on what you CAN or CAN'T control? - are you focusing on what you have?
- are you focusing on what is missing? - could you allow the emotions you experience to just be there?
- could you allow yourself to be with them, discover more, be your own best friend + love them?
- could you integrate the emotions + make peace?

FOCUS

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EMOTIONAL HEALING

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REDEFINE BELIEFS

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REWRITE YOUR STORY

find the Glimmers

ANTONYM TO TRIGGER

THERE IS ALWAYS SOMETHING, IT'S PART OF THE JOURNEY OF LIFE: RUPTURE CREATES FRICTION CREATES GROWTH.

ONCE WE START EMPOWERING OURSELVES TO TAKING THE RESPONSIBILITY FOR OUR EMOTIONS, STORIES + BELIEFS, WE DETERMINE OUR POSSIBILITIES, DISCOVER OUR POTENTIAL.

FIND WHAT SPARKS JOY IN YOU + FOLLOW THE TRAIL!

find the Glimmers

- does this give you an outline of where your mindset is at?
- does it tell you about the outlook you have on your life?
- is what you wrote up there aligned with what you want to be aligned with?
- if not - REDEFINE and write again

LIFE IS

this is your new, reframed affirmation. make every decision aligned with it!