

# **New Belief Generator (imagination exercise)**

**Step 1: Stop and imagine another you. A you who already holds that belief.**

**Step 2: Imagine what having that belief enables the other you to achieve. See the other you motivated, confident, strong, successful.**

**Step 3: Imagine the other you demonstrating those things successfully. How do they behave? Voice Tone? Allow all of the intuition to be your guide.**

**Step 4: When satisfied with the other you- step into them. Take the new perspectives and behaviors into you.**

**Step 5: Now think of a situation you would like to view with a new perspective. Think through what its like to have this new perspective and what it will help you achieve. How are things going to be better?**

**Step 7: In the next few weeks act as your new beliefs are true... Even if it feels you are making it up. This will teach your brain to run the new software with this new positive perspective.**

**This mental exercise can help every day be a great one.**

## **Source-Reference:**

Notes From **Paul McKenna's** (PHD) book **"Change Your Life in 7 Days"**

*Paul William McKenna is a British hypnotist, behavioural scientist, television broadcaster and author of self-help books.*