

DAY 11

The previous day we talked about how our beliefs are formed and how they affect our lives. I hope you found your limiting beliefs because today we will be doing a great exercise in transforming those beliefs! "We need enough evidence to believe and other beliefs that support it." Let's compare the belief we are going to deal with to a table, and the evidence that supports it to the leg of the table.

If you question anything enough, you'll begin to doubt it. –Anthony Robbins

Just as a table without a leg cannot stand, a belief without evidence cannot survive. So what you have to do is question their restrictive beliefs and consciously create doubts for them. The moment you begin to question your limiting belief, you start shaking the legs of the table.

For this, you need to ask yourself the right questions:

- Where might this belief come from? Am I really so sure of its validity? Were my sources that reliable?
- What will it cost me if I continue to maintain this restrictive belief? (Emotional, physical, financial, social)
- When did I encounter situations that proved contrary to this belief?
- Who do I know who believes the opposite of this belief?

Where could this belief have come from? Am I really that sure of its validity? Were my sources that reliable? This is where we spot the leg of the table and even start shaking it.



Suppose you have the belief that money is hard-earned. Why do you believe this?

For example:

- "Because my father said so"
 - "Because I've seen people working under difficult conditions before"
 - "Because I had a job where I worked under difficult conditions before"
- Now let's create an antithesis for all the legs of the table.

1. Because my father said so:

My father said this from his own experiences. But I am not my father. It doesn't mean it will be the same for me.

2. Because I've seen people working under difficult conditions before:

They -like me- have the belief that money is hard to earn, so they may live in such a reality, but there are also people who make money easily and with pleasure.

What will it cost me if I continue to maintain this restrictive belief?

(Emotional, physical, financial, social)

Here we will activate the pain mechanism in your brain so you can take action to escape the pain.

Example: What will it cost me if I continue to maintain this restrictive belief?

Throughout my life, I continue to earn money hardly. It takes a lot of effort to get what I want. This can make me feel bad and affect my mental health. I can get tired and sick because I try so hard. I don't have enough spare time for myself and the people around me, so I can become lonely...

After answering all these questions, let's place a supportive belief in place of the old belief that we shake the table's leg.

New Belief Example: Money is easily earned.

Now you need to find as many references as you can about 'money can be earned easily'. People who make money easily, situations where you can easily earn money, times when you earned money easily before...

Remember; you are what you believe. Whatever you believe, you live with what it brings. Therefore, it will enable you to use your potential at the maximum level and develop empowering beliefs that will help you experience life in the best way possible! You deserve it.

Task:

- Work on a restrictive belief in line with the directions that is in the study agenda.

Reminder: You only have to work on one belief at a time. You can copy the relevant pages as much as you want, and work on beliefs as much as you want.

