

The Power of Beliefs Session 3



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Session 2 Recap

- Beliefs and health, prosperity, etc
- Discovering your core beliefs and transforming them
- Thought power

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Collapsing Unwanted Beliefs

Questions are your friend, your guiding force.
They control your life and build your beliefs...

So you need to ask
the right questions!



3

Power of NOW

"With the power of thought you can really 'be'
whoever you wish to be, but only NOW."

Time to choose
'who'
you want to be!



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The 'ideal' you

Describe the person you want to be

What qualities would you
need to have in order to
feel complete?



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Power of Decisions and what they are feeding

Are you a creator or a creation?

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Session 3 Contents

The Identity - Beliefs cycle
Your central core identity
Goals and Affirmations

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Identity

- Identity is the root of awareness
- Determines who you believe you are
- Your identity is in constant update
- You have a central core identity
- Do you know who you are?

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Deepest need...

Our deepest need is to remain consistent
with how we define ourselves.

So how do you define yourself?

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Your Identity

Your Public Self
Your Negative Self
Your 'Real' Self
Your Spiritual Self



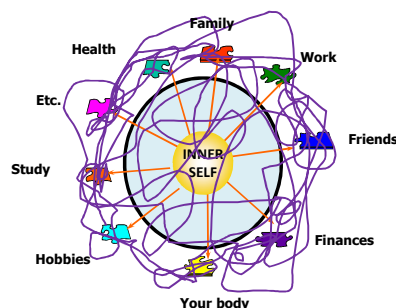
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Your Spiritual Self

- You as a being
- The actor with many roles
- A soul
- Non physical
- Indestructible
- Subtle
- Inherently full of love, peace, joy, strength

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Centre yourself



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Goals

Go through the main arenas of your life:

Self, Family and friends, Work/business, Fitness/Health, Other

Describe specifically how you would like to see yourself performing in each arena

How would you like to feel and perform?

Create affirmations that invoke what you want to experience

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Affirmations – need to be:

Positive, not about what you don't want

In first person, ie 'I' and about you only

In the present tense, ie 'I am'

Describe it as if you already are it

Free from comparison

Activity orientated, not about ability

Inspiring and also realistic

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Affirmations examples

I am happily and easily maintaining exceptionally high standards in all that I do

I love it that I am absolutely focused and energized

I am organized and systematic and loving it

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Where do you spend your energy?

Trying to change the outside

Or transforming the inside

Transformation vs Change

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Is your mind fixed on the destination?



... or on the journey?

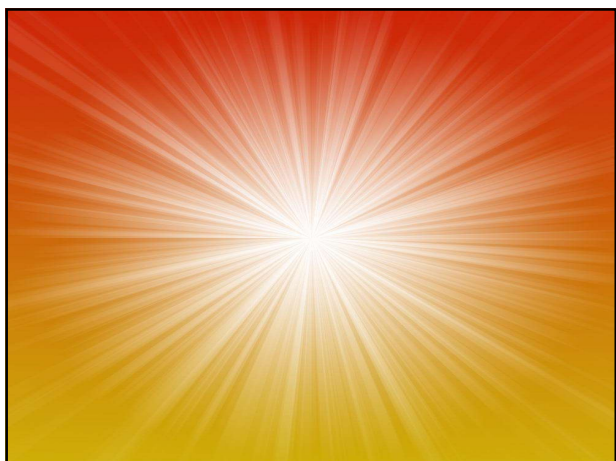
Beware! Most of life is the journey!

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There are no real limits



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