



THE MODEL

Thoughts & Beliefs

Thoughts cause our feelings, and basically everything. Most of our thinking is unconscious. Simply becoming aware of our thoughts, and choosing the ones we want to think on purpose changes everything. Beliefs are thoughts we think over and over, they are optional, and can be changed.

1. What do you believe about your life?

2. What do you believe about yourself?

3. What do you believe about your ability to create whatever you want?

4. Why do you have the current results in your life?

5. What results in your life do you most want?

6. What beliefs have kept you from getting these results so far?

7. What do you need to believe to get the results you want?

8. What thoughts are getting in the way of you believing this now?