

THE MINDSET SOLUTION

*HOW TO THINK
YOURSELF INTO
WEALTH AND
FREEDOM TODAY*



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Why would it be important to focus on one's mindset? How does mindset play a role in every fabric of our physical reality? But the first question I want to answer is, "What is mindset?"

This term has been watered down since 2020 where there was a massive birth of many online coaches, mindset coaches and much more.

When you hear the term, "mindset," it is usually referenced to how you are thinking or what frame of mindset are you in.

But, I want to make things much more simple than that for you. When we think of mindset, it truly is the lens that we see life from. I want you to think of mindset as wearing a pair of glasses. Now, imagine that these glasses that you are wearing are tinted a deep blue color. This means, whatever you see while wearing those glasses, will be only the color blue.

This would mean the color green, red, orange, yellow, etc., you would not see. The only colors that your brain would pick up on and what you will see with your own eyes is blue.

Now, let's say we take off the blue glasses and now we are wearing green tinted glasses. What colors would we see?

The answer is only green. The blue we once saw is gone and now, it is only green colors.

When we are wearing the green glasses, does it mean that the blue, red, yellow, etc., colors don't exist? Well, from the framework of where your mind is focusing on, it does not exist in your conscious reality but the truth is, the colors always exist.

The reason why you don't see them, is because your mindset is focused only on the green color (hence the green glasses).

But once we take off the glasses, we see there are infinite amount of colors that exist in this world. This to me, is the best definition I can give to

mindset because where your mind goes, energy flows and wherever energy flows, manifestation grows.

The key thing about this analogy is you only see and experience what you focus on. You can only experience that which is what attracts the mind. This is the biggest reason why, if we don't focus on mindset first, we miss the boat on everything else.

What Are The Five Different Types of Mindset?

There are five different types of mindset: fixed, growth, creative, optimistic, and empowered.

Fixed mindset is a belief system in which a person believes their abilities and talents are predetermined, and they cannot be changed or improved upon. This type of mindset tends to lead to a lack of effort and motivation to learn new skills, as well as a fear of failure. It can lead to a person avoiding challenges, as they believe they have reached their full potential, and any effort to improve would be futile.

Growth mindset is a belief that anyone can learn, grow, and improve their skills and abilities with effort, dedication, and practice. It emphasizes the idea that intelligence and talents are not fixed traits, but can be developed over time. With a growth mindset, people are more likely to take risks, experiment, and seek out challenges that can help them learn and progress.

Creative mindset is a way of approaching tasks and ideas that encourages new and innovative thinking. It involves questioning the status quo, being open to new ideas, and utilizing problem-solving skills to create something unique. It is the ability to look at a problem in an unorthodox way, and produce an unexpected solution. A creative mindset can be a valuable skill to have in any career.

Optimistic mindset is a positive attitude that helps you focus on the good in any situation. It involves having hope and faith that solutions will be found and that challenges can be overcome. It is about believing that you can make a difference and that you are capable of achieving success. Having an optimistic mindset can

help you stay motivated and resilient in difficult times, and can even bring more joy and fulfillment into your life.

Empowered mindset is a mindset that is focused on believing in and taking ownership of your own capabilities and potential. It is about having faith in yourself and the ability to make decisions and take action with confidence. It is about having a positive attitude and a willingness to learn and grow, no matter the challenges or obstacles you may face. Empowered mindsets help us to create the life and success we desire, as it encourages us to take risks and explore new possibilities.

You can see how each mindset has a slightly different outcome and experience of life. This is why when we speak of what mindset truly is, it is the lenses that we see the world in.

Mindset is an attitude or a set of beliefs that determines how we interpret and react to our environment. It is the way we view the world and how we think, feel, and act in response to different situations. A positive mindset can help us to have a more optimistic outlook on life and be better equipped to handle challenging situations.

When we have the right mindset that is aligned to what we want to create for ourselves in our life, the process becomes so much more simple and less resistance and stress.

But now that we have discussed mindset, and 5 different types (even though there are more), let's share how each mindset can play a role in our lives and in our business.

Some have advantages and disadvantages and I will share 5 of each of them from a professional viewpoint and a personal one.

But if I may give you a spoiler alert, growth mindset is the best one to have. Growth mindset focuses on developing your skills and knowledge, rather than focusing on the outcome. It encourages continuous learning and growth, and is based on the idea that no matter where you are in your career, there is always room for improvement. This mindset helps to foster resilience and creative problem solving, as well as helping to create a positive environment in which to work.

In the following, I want to share with you some of the strengths of each mindset and some of the weaknesses of each.

To be honest, there are some that don't have weaknesses so we will dive deeper into why after each one.

5 Ways Growth Mindset Creates A Limitless Business

- Growth mindset helps foster a culture of collaboration and learning. This encourages employees to think beyond their current skillset and strive for continuous improvement.
- It helps to create an innovative environment where creativity is encouraged and risk-taking is rewarded. This allows businesses to try new approaches and come up with creative solutions to difficult problems.
- It allows employees to take ownership of their own development, which can lead to better productivity and higher job satisfaction.
- Growth mindset encourages employees to take feedback positively and be open to criticism. This helps to create a culture of growth and development.
- A growth mindset helps to create a culture of resilience and positive self-talk. This can help employees stay motivated and inspired, even in difficult circumstances.

The thing I love about a growth mindset in business is there is no such thing as failures, only lessons. Each challenge or obstacle that you face, you actually are excited to conquer because you know, you are going to expand in the process and become better at what you do. And what is the end result of this? More fulfillment but also a bigger bottom line.

5 Ways Growth Mindset Levels Up Your Personal Life

- A growth mindset encourages you to look at mistakes as learning experiences instead of failures. This can help you develop resilience in the face of setbacks and keep striving to reach your goals.

- Having a growth mindset can help you be more open to new ideas and perspectives. This can help you in your personal life by allowing you to explore different ways of thinking and interacting with others.
- Having a growth mindset can help you stay motivated in the face of challenges. Instead of giving up when things get tough, you can use your mindset to push through and reach your goals.
- A growth mindset can help you become more confident in yourself. You can learn to trust your own abilities and recognize that you have the power to reach your goals.
- A growth mindset can help you become more creative. You can be open to new ideas, which can help you come up with innovative solutions to problems you face in your personal life.

In life, you are either expanding or shrinking. If you want to experience true fulfillment in your personal life, having a growth mindset in your personal life will truly lead you towards your path of fulfillment, empowerment and truly enjoy what very few get to experience in this life.

In my 2nd book, “A Walk in the Dark,” I share how we perceive the darkness we face, either determines our mental struggles and suffering or is the launching pad to a whole new experience.

Each challenge and obstacle we face in life, if we maintain a growth mindset, is like an upgrade to your cell phone’s software. It is just a little bit better. But I don’t agree with saying I am a little bit better of a person. You are perfect already.

Instead, it is revealing more of who you already are. And when we see that, it lays out a whole different perspective, but more importantly, it allows for you to experience a completely different reality.

A growth mindset is what separates the good from the great. It is the Michael Jordans, Tom Bradys, Aaron Rodgers, Elon Musks, Steve Jobs and so many more.

When you look at the legends in any profession, sport or field, you will see the example of what a growth mindset individual looks like and the beauty is, they shine their truth to the world through learning more of who they truly are and

expressing it upon this amazing world we call, “Earth.” [CLICK HERE](#) to listen to a podcast I did that breaks down Fixed Mindset vs Growth Mindset.

The Five Issues with A Fixed Mindset in Business

- Limited vision: People with a fixed mindset tend to have a limited vision of what is possible and may not recognize opportunities for growth and development.
- Fear of failure: People with a fixed mindset may be afraid of taking risks due to fear of failure, which can lead to a lack of innovation and creativity.
- Low motivation: People with a fixed mindset may not be motivated to try new things or push themselves out of their comfort zone.
- Unwillingness to learn: People with a fixed mindset may be unwilling to learn new skills or take on new challenges, which can hamper their ability to grow professionally.
- Poor collaboration: People with a fixed mindset may not be open to working with others or collaborating on projects, which can lead to a lack of teamwork and creativity.

Someone who has a fixed mindset in business will allow the external circumstances and situations in their business to define who they are. I hear the rhetoric all the time, “This is just how it is for me.” Or, something happens and we believe that it will be like this in the future and how the mind perceives that, creates the entire emotional response fixating on this is what it will be and it will never change.

Instead of being more fluid like water with a growth mindset, you are moving through life like a block of ice. You take huge hits on the journey of life instead of dancing with it. You believe this is how things are rather than always seeing it as possibilities. Most of the world has a fixed mindset and many who think they have a growth mindset, actually don't.

There are quizzes out there to evaluate where you are in this process but to give you a visualization, think of fixed mindset like taking a block of ice from a bucket and trying to fit it in a 32oz jug of water. Eventually, at some point in time, with all the

trials and tribulations of life trying to show you that it can be done different, eventually it will fit in that 32oz jug.

But, if we learn from a quote from Bruce Lee, “Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot and it becomes the teapot. Now, water can flow or it can crash.”

This is the growth mindset you want to have, not just in business, but in life. So, here is a simple exercise that I recommend you doing. It is more of an awareness one.

Go sit in a forest or anywhere that you can enjoy the sounds of a babbling brook. What I want you to observe is just watch how the water moves around the rocks, curves and so much more.

Notice it doesn't try to plow through the rock but instead, use its inertia to bounce off the rock and change directions.

If you grasp this in life and business, you will truly understand the meaning of fulfillment because no matter what, there will always be obstacles showing up in your life, especially business, and the key is to not move like a block of ice down the river of life. Instead, move as the water does and allow for you to grasp this for your mind.

It is truly a game changer... I know first hand...

Five Ways Fixed Mindset Affects Your Personal Life

- A fixed mindset can lead to a lack of confidence in your own abilities and the belief that you cannot learn or improve. This can make it difficult to take risks, try new things, and push yourself to reach your full potential.
- Having a fixed mindset can cause you to be fearful of failure and can lead to feelings of insecurity and low self-esteem.

- People with a fixed mindset tend to be less open to feedback and advice, as they may feel that their opinion is the only one that matters.
- With a fixed mindset, it can be hard to accept criticism and admit when you are wrong, as you may feel that it will lead to failure.
- A fixed mindset can lead to difficulty in relationships, as it can be hard to empathize with others and accept their different opinions or beliefs.

I truly believe this is the cause of all turmoil that we see, hear and, for some, experience in life. It is the fixed mindset. I have seen it in relationships to where we think our partner or spouse will always be a specific way and our mind pays attention to the patterns that show up, rather than, seeing your partner in the light of what their potential will be.

A fixed mindset puts all things into a box, a prison and states this will always be the same experience. All things are always the same thing and this is how it is. When we dictate with our mind that an experience is going to be the same, we miss out on all the joy and possibilities that can come from this.

A fixed mindset truly mutes the colors of our lives and doesn't let us see anything else outside of it. And now with the information era, AI (artificial intelligence) learning and computing from the web on so many different levels, it only creates more of a fixed position on how things are.

I may sound bias but in all my research on neuroscience, principles of mindset, psychology and much more, this is the one mindset that leads to less and less joy, peace, and bliss in life. This is the world of comfortable. It is the same thing showing up every single day and not having a different experience.

Even when a potential different experience shows up, this person will miss it because, like I shared earlier about mindset and glasses, that experience is a green color and they are wearing the fixated glasses of blue.

If you feel this is you and you want to make a huge shift in your mindset with a straight-forward online class, **[CLICK HERE](#)** to learn more on my mini-course called, "Change Your Mindset, Change Your Life."

Five Ways An Optimistic Mindset Benefits You in Business

- An optimistic mindset helps you stay focused on the long-term goals of your business, rather than getting caught up in short-term challenges.
- Having an optimistic outlook helps you find creative solutions to difficult problems.
- An optimistic outlook also helps you in staying motivated and inspired, which is essential when running a business.
- Optimism helps build better relationships with customers and partners, which can lead to more successful business relationships.
- Having an optimistic mindset helps you stay resilient and bounce back from setbacks, which is essential to the success of any business.

One of the best things about an optimistic mindset is that, no matter what is showing up in your business right now, you know where you want to go long-term. You know that you will get there regardless of what is in the short-term. This is massively important when it comes to attracting the business you desire and keeping your consciousness levels (energy, vibes, frequency, quanta) where it needs to be so you can have that experience.

This is one of the reasons why I love to utilize an optimistic mindset. Yes, I like to wear the glasses of this one from time to time and have learned to lean on it much more during those lean months or when you are starting up a new business.

As you keep your focus on the good you have going for you, even the most smallest things like your car starting or having two legs to walk or two eyes to see, it keeps us in a state of gratitude which elevates our mood, raises our consciousness levels, increases our attracting power (law of attraction) and elevates our mood.

You cannot be sad, depressed, angry, frustrated, having resentment or anything that is a low vibe emotion when you focus on gratitude.

As I share often, gratitude is the right attitude to take your life to the next altitude.

Five Ways An Optimistic Mindset Affects Your Personal Life

An optimistic mindset can be extremely beneficial to your personal life! Here are 5 ways it can help:

- Optimism can keep you motivated and help you stay focused on achieving your goals.
- It can help you form stronger relationships with others and create a positive atmosphere in your life.
- It can lead to better physical and mental health outcomes, as those with a positive outlook are less likely to experience depression or anxiety.
- An optimistic mindset can lead to improved performance in both your personal and professional life.
- It can help you stay resilient when faced with difficult situations, as it allows you to stay focused on the positive rather than dwelling on the negative.

One of the things I enjoy about an optimistic mindset in our personal lives is the same in our business is that, no matter what is showing up in the short-term, you keep your focus on the long term.

Whether it is having a patchy road in your relationship for the past year or two or its been an uphill battle with getting your body in the shape you want or overcoming an addiction (not just drugs, alcohol but food, negative news, etc.).

During these times, as much as we want to beat ourselves up (fixed mindset) instead, we keep focusing where we are going and what that future self of you looks like.

And as you keep your focus on what you choose to experience, what you choose will show up for you.

You can see how Optimistic mindset is a great one to have and I highly recommend using this on a daily to continue the momentum of creating the physical reality that you choose.

Five Ways A Creative Mindset Helps You in Business

A creative mindset can be an invaluable asset when it comes to running a business. Here are five ways it can help you:

- It can help to generate new and innovative ideas. Developing creative solutions to business challenges will help you stay ahead of the competition.
- It can allow you to think outside the box. By looking at a problem from a different perspective, you can identify creative solutions that you may have missed.
- It can help you come up with new strategies and approaches. Creative approaches to running a business can help you stay competitive and find success.
- It can help you find new ways to market and promote your business. Creative marketing and promotional strategies can help you reach new customers and keep existing ones.
- It can spark motivation and enthusiasm. A creative approach to running a business can help you stay motivated and passionate about your work.

This is a mindset you want to depend on when there are times of lean months, challenges, and what is inevitable to come our way in business. The more creative we are, the more we make, the more we express the uniqueness of who we are in the profession we work in and so much more.

The ones who have the most creative minds are not just artist or abstract thinkers, being creative in your business can be business strategies, business systems, content creation, how to share a message in an unique way different from someone else and so much more.

This is, in my opinion, the one mindset that will level you up and create a bigger bottom line than anything else. Yes, I know I said growth mindset is the king/queen of them all and it is. But these other mindsets, like tapping into your Creative Mindset is a great way to think outside the box and share more of your soul, your essence to the world in what you do.

When I work with my one-on-one clients in coaching, this is one of the things I work on getting them to show up in their unique and authentic way on what matters most and how they want to represent what they do.

If you are a chiropractor, what does chiropractic mean to you and how do you want to empower your community with your message of Chiropractic.

If you are a real estate agent, how do you walk into a home with a buyer and share the house? Are you doing it on how you were taught, or are you doing it in your unique style, fashion and way? The difference between the two is a vastly different amount of sales closed. (FYI, it is not the way you were taught)

The same thing goes into coaches, insurance agents, spiritual healers, psychic mediums, CEOs, etc. It is how we bring our unique self to the business and our message without sounding 100% identical to the next 50 people in the industry, that allows for us to truly shine.

I said before and I know I will say it again, mindset is the end all be all. In order for me to 11X my business in 5 years or 3X my sales while almost 6X my profits in 2 years, it was me sharing my truth of what Chiropractic meant to me, how I wanted to introduce it to people in my community and much more.

If you want to learn how to achieve these results and more, **[CLICK HERE](#)** to set up a FREE 30 Minute Breakthrough call with me.

I did nothing else except shift my mindset into that and the results showed for themselves.

The same is possible for you in your business. Just ask yourself this one question, “What does X (what you do) mean to me? How do I want to represent this to the world?”

Let your intuition guide you and you will find your message.

Want to get a head start on this process, check out my online class by **[CLICKING HERE](#)** to where I teach how to Change Your Mindset, Change Your Life.

Five Ways a Creative Mind Levels Up Your Personal Life

- A creative mindset can help you to think outside the box and come up with innovative solutions to everyday problems.
- It can help you to develop a more positive outlook on life and to approach things with a fresh perspective.
- A creative mindset can help you to develop better communication skills, as you will be able to think of more creative ways to express yourself.
- It can help you to come up with creative solutions to conflicts, allowing you to find a peaceful resolution.
- Finally, a creative mindset can help you to become more productive, as you will be able to come up with more creative solutions to tasks.

This mindset will help you in any stuck relationship, health aspect, bored with life and so much more. It allows for you to tap into that creative center we all have and choose experiences that align with our higher purpose or what we just enjoy doing.

I know sometimes we can just get caught up in that rat race, or doing the same thing over and over again but this creative energy, when you show up 100%, it allows for you to have a vastly different experience and I know for myself, I love to tap into this when it comes to creating weekly date nights with my wife, hanging out with my amazing little daughter, relaxing with my dog and so forth.

I look at what we have done and think of what else can we do. During the lockdowns, my wife and I used to go out to eat once a week at our specific restaurants that we like (we have a small selection to choose from) and when the lockdowns happened, instead of going out to eat, we created a weekly taco night for the first month and each month after, we changed it up to be something different.

We actually enjoyed this more than going out because the food was so much better of a quality and I started to enjoy elk steaks which was one of the meats I said I was going to try.

The best part of this experience, we saved money and were eating so much better quality foods.

So, bring that kid-like energy back into the picture and choose things to have fun, especially when you have kids. They will remember that for their entire life and it is something that bonds the family closer together.

The same goes for your physical health. I remember when I would recommend specific exercises for a patient or a health coaching client and they would go, “I hate doing that.” I would say, “Fine. Lets modify it to still do the same thing but do it in a way you enjoy.”

I had a patient who stopped playing soccer about 10 years ago but put on some weight and wanted to lose it but did not like running (long distance). He said to just run is so boring and it is the obstacle he was facing each and every time he have to motivate himself to go for a run.

One day, I heard about a men’s soccer league for 40 and older that another patient shared with me. Since I knew he also lived in the same town as my other patient, I ended up sharing the information with him and he started to play for the other team.

He had practices twice per week and one game on Sundays. After 4 months, he was at the ideal weight he wanted to be and he never had to do any long distant running.

Find things that are fun to do and do them. It is so much more rewarding and enjoyable. This sounds foreign or hard to people because we were told at such a very young age, we couldn’t choose what we wanted but instead, had a set of rules to do what was needed during various times of our lives. (school is an example)

Five Way an Empowered Mindset Creates Quantum Leaps in Business

An empowered mindset can be a powerful tool to help you succeed in business. Here are the top five ways an empowered mindset can help:

1. An empowered mindset helps you to stay focused and motivated on your business goals.
2. It allows you to make decisions quickly and confidently.

3. An empowered mindset can help you to stay positive and resilient when faced with challenges.
4. It enables you to see opportunities rather than just problems.
5. An empowered mindset can help you to stay competitive and find creative solutions to problems.

You would think that my business name, “Empower Your Reality,” would be the #1 mindset I would be promoting to you. I will say, having an empowered mindset is a blend of optimistic, growth and creative. It allows for you to never let the short comings of business affect you but at the same time, see every opportunities rather than problems (growth mindset)

This is where the birth of mental toughness or resiliency comes from. It is an actual state of being rather than something you do. Those with these mindsets are warriors and pave their own path.

They take on all the challenges of what life shows up to be and knows, regardless of what is showing up or where they are in the moment, they will THRIVE.

I believe this is where the ultra successful come into play here. Michael Jordan, in my opinion, is one of the greatest athletes of all time because of his work ethic and how he wanted to always go against the greatest players in the NBA and challenge himself to them.

I think this is how he became so dominant in the basketball game, when a defender was able to put 2 hands on a player when they were playing defense. (this is not allowed in the NBA at this time of writing).

This means that defenders could be so much more physical with players and make it harder to score. But that didn't stop Michael Jordan. This is why he developed the fadeaway shot. He knew, for the most part, he wasn't the strongest, fastest or tallest but he used what he had and focused on who he wanted to become in the future.

The rest is history.

You two have this within you and as long as you see every fabric of your life empowering you towards the future self who you envision yourself to be, it shall eventually exist in your physical reality. It is law.

Five Ways an Empowered Mindset Levels Up Your Personal Life

An empowered mindset can help you in your personal life in a number of ways:

- **Increased Confidence** - Having an empowered mindset can help boost your confidence and self-esteem, so you can approach challenging situations with a sense of assurance and resilience.
- **Improved Decision-Making** - An empowered mindset will help you make better decisions, as you'll be more aware of your own strengths and weaknesses.
- **Greater Self-Awareness** - With an empowered mindset, you'll be more aware of your own capabilities and limitations, which can help you make better decisions about how to use your time and resources.
- **A More Positive Outlook** - An empowered mindset can help you maintain a more positive outlook on life, as you'll be more aware of the opportunities and possibilities that are available to you.
- **Increased Resilience** - An empowered mindset can help you be more resilient in the face of adversity, as you'll be better equipped to handle difficult situations without feeling overwhelmed.

I truly believe those who had arranged marriages in specific cultures and when you see them 10-20 years later, still smiling with one another, the joy in their eyes, the connection between the two, and so much more, they had to have some form of empowerment mindset.

I couldn't imagine going through that process but I wanted to share this for your own relationship that when we focus on the relationship we want to experience while at the same time, focusing on who is the person we want to be in that experience (not putting energy on specific partner, spouse, kids, family, etc.), then this is where, overtime, we will become that and experience what we seek.

I know first hand this process and I have been so blessed to have the wife I have for I always saw the husband I wanted to become but at the same token, the marriage and relationship I wanted to have.

Even our vows are from an empowered mindset perspective to always support one another on their path, even if we may disagree.

But this can also drastically play a huge role in your physical health as you overcome obstacles while focusing on the health you choose to experience whether that is achieving something in a specific amount of time, lifting a specific amount of weight, weigh a certain amount of pounds, have a specific number of body fat, etc.

You know the obstacles will be there and you know there will be challenges that will show up, but you will overcome them as you know, each time you face it, you grow and expand more while also closing the gap to the future self of who you choose to become.

So, as much as I love sharing these concepts, there are deeper reasons to why you end up in specific ones. And as much as I would like to say, it is all a choice, there truly is a deeper player to this game that creates the ceilings of our growth in all aspects of life.

This would be called, “limiting beliefs.” You may ask, “What are limiting beliefs?” Limiting beliefs are negative thoughts or beliefs that we have about ourselves and about the world around us that act as an obstacle to achieving your goals or reaching your full human potential. These beliefs can be tied to our sense of self-worth, our capabilities, our relationships, and our overall outlook on life. They can be shaped by our upbringing, our culture, our environment, and our past experiences.

Here are a few examples of limiting beliefs:

- "I'm not good enough."
- "I'm not smart enough."
- "I'm not talented enough."
- "I'm not capable of achieving my goals."
- "I'm not worthy of success."
- "I'm not deserving of love or respect."
- "I can't do anything right."

Limiting beliefs can be very powerful and can have a significant impact on an individual's behavior and actions. They can lead to low self-esteem, lack of confidence, and difficulty taking action or making decisions. They can also lead to negative self-fulfilling prophecies, where an individual's beliefs about themselves or their circumstances lead them to act in ways that confirm those beliefs.

5 Ways to Change Limiting Beliefs

Changing limiting beliefs can be a process that requires time, effort, and a willingness to challenge and change long-held patterns of thought. Here are a few strategies that can be helpful in changing limiting beliefs:

- **Identify your limiting beliefs:** Identify and challenge your limiting beliefs. Start by looking for patterns in your thoughts. Are there any thoughts that you have been telling yourself that might be limiting you?
- **Examine the evidence:** Once you have identified your limiting beliefs, it can be helpful to examine the evidence for and against them. Are there examples in your life that contradict your limiting beliefs? Are there times when you have succeeded or achieved something despite your limiting beliefs?
- **Challenge your beliefs:** After examining the evidence, it can be helpful to challenge your limiting beliefs directly. Ask yourself whether your beliefs are really true, and consider the consequences of holding onto them.
- **Replace your beliefs with more positive ones:** Once you have challenged your limiting beliefs, it can be helpful to replace them with more positive and empowering ones. This may involve repeating affirmations or mantras to yourself, or reframing your thoughts in a more positive light.
- **Practice and repeat:** Changing limiting beliefs is not a one-time event, but rather a process that requires ongoing practice and repetition. It can be helpful to set aside time each day to work on challenging and changing your limiting beliefs, and to remind yourself of your new, more positive beliefs.

Overcoming limiting beliefs can be challenging, but it is an important step in personal growth and development. Working with someone who is a Mindset Coach can truly help uncover, reprogram and create new beliefs that suit you and your purpose.

This is one of the biggest things I work on with my coaching clients. To learn more about my coaching methods and so forth, **[CLICK HERE](#)** for more info.

How to Identify Your Limiting Beliefs?

A great way to identify your limiting beliefs is to start by reflecting on your core values and the things you believe to be true about yourself. These beliefs can be both positive and negative, and can be rooted in your past experiences and relationships. Once you have identified them, you can challenge these beliefs and start to replace them with more helpful and positive ones. Additionally, it can be helpful to write down your thoughts and feelings about certain situations or experiences in order to gain clarity and insight. Journaling can be a powerful tool for recognizing and replacing limiting beliefs.

- Become aware of your negative thoughts and self-talk.
- Track your inner dialogue for a week and note the recurring themes.
- Ask yourself why you think certain things that don't serve you.
- Identify the underlying feelings behind your beliefs.
- Challenge your beliefs by looking for evidence that supports more empowering beliefs.

How to Examine the Evidence?

Examining the evidence for and against your limiting beliefs is an important step in changing those beliefs. You always want to keep your beliefs in check to make sure they align with your future self and higher good. The more we practice this (I usually do every year to check in and see if I want to change something), the more we continue to evolve and grow. So, here is what you want to do to examine things and see where you are.

- **Make a list of your limiting beliefs:** Start by making a list of your limiting beliefs, along with any specific examples or situations that come to mind. For example, you might write down "I'm not good enough" and "I'm not capable of achieving my goals."
- **Look for evidence that supports your beliefs:** Next, try to find evidence that supports your limiting beliefs. For example, if you believe "I'm not good enough," you might think about times when you have made mistakes or when things haven't gone as you hoped.
- **Look for evidence that challenges your beliefs:** Once you have identified evidence that supports your limiting beliefs, try to find evidence that challenges those beliefs. For example, you might think about times when you have succeeded or achieved something despite your limiting beliefs.
- **Consider the consequences of your beliefs:** After you have gathered evidence for and against your limiting beliefs, consider the consequences of holding onto those beliefs. How do your beliefs affect your behavior and your ability to achieve your goals?

By examining the evidence for and against your limiting beliefs, you can start to get a more balanced and objective perspective on those beliefs. This can be an important step in changing those beliefs and replacing them with more positive and empowering thoughts.

Always remember, you have the power to choose which beliefs to believe in. At the end of the day, the only beliefs that exist in your world are the ones you give power to.

How to Challenge Your Beliefs?

Challenging your beliefs is an important step in changing limiting beliefs and replacing them with more positive and empowering thoughts. Here are a few strategies you can use to challenge your beliefs:

- **Ask yourself whether your beliefs are really true:** One way to challenge your beliefs is to ask yourself whether they are really true. Are your beliefs based on evidence, or are they assumptions or stereotypes that you have internalized?

- **Consider alternative perspectives:** Another way to challenge your beliefs is to consider alternative perspectives. What might someone else believe about the situation or issue at hand? How might their beliefs differ from yours?
- **Look for evidence that contradicts your beliefs:** It can also be helpful to look for evidence that contradicts your beliefs. Are there examples or experiences in your life that challenge or contradict your beliefs?
- **Reflect on the consequences of your beliefs:** Consider the consequences of holding onto your beliefs. How do your beliefs affect your behavior and your ability to achieve your goals? Are there any negative consequences to holding onto your beliefs?

By asking yourself these types of questions and gathering evidence for and against your beliefs, you can start to challenge and change your limiting beliefs. Remember that this process may take time and effort, and it may be helpful to work with a mindset coach or a hypnotherapist to help in the process.

How to Change Beliefs with Positive Ones?

Changing limiting beliefs with more positive and empowering ones is an important step in personal growth and development. It is truly a simple process but due to the information era, we have made life so much more complicated.

The simple way is just choose a new belief, one that makes you feel good inside your body. From there, thank your old belief for serving you all this time and release it back to the Universe, God, Allah, Jesus, Buddha or whatever label that you choose.

But for those who like to have a few extra strategies, here you go:

1. **Identify your new beliefs:** The first step in changing your beliefs is to identify the new, more positive beliefs you want to adopt. These might be affirmations or mantras that you repeat to yourself, or more general statements about your strengths and abilities.

2. **Repeat your new beliefs:** Once you have identified your new beliefs, it is important to repeat them to yourself regularly. This can help to reinforce the new beliefs and make them more ingrained in your thinking.
3. **Practice visualization:** Visualization is a technique that involves creating mental images of yourself achieving your goals or exhibiting the qualities or behaviors associated with your new beliefs. By visualizing yourself in these ways, you can start to internalize your new beliefs and make them more real to yourself.
4. **Seek support:** Changing long-held beliefs can be challenging, and it can be helpful to seek support from a Mindset Coach or Hypnotherapist. These individuals can provide encouragement and help you stay motivated as you work on changing your beliefs.
5. **Be patient and persistent:** Changing beliefs is not a one-time event, but rather a process that may take time and effort. Be patient with yourself, and remember that it is okay to make mistakes or have setbacks along the way. Keep working on your new beliefs, and be persistent in your efforts to change them.
- 6.

By using these strategies and staying committed to the process, you can start to change your limiting beliefs and adopt more positive and empowering ones.

At the end of the day, all things are neurology so it takes time to reprogram your subconscious mind. We are teaching an old dog some new tricks and for some, it takes a little longer than others but I promise you, doing this work, is worth its weight in gold and beyond!

How to Practice and Repeat to Change Your Limiting Beliefs?

Practicing and repeating is an important step in changing limiting beliefs and replacing them with more positive and empowering ones. One of the ways I work with my clients on this is through the power of subliminal messages. We create the new empowering beliefs that were chosen and pick supportive affirmations in the process.

From there, we have them record it and I use special software to make a specific subliminal for them via mediation, sleep, work, and focus.

But there are other ways you can utilize this process of repetition and consistency. Here are a few strategies that can help:

- **Set aside time each day:** One way to practice and repeat your new beliefs is to set aside time each day to focus on them. This might be a few minutes in the morning or before bed, or a longer block of time at a different point in the day.
- **Use affirmations or mantras:** Affirmations or mantras are short, positive statements that you can repeat to yourself to reinforce your new beliefs. Choose affirmations that are specific to your new beliefs and that resonate with you personally.
- **Write down your new beliefs:** Another way to practice and repeat your new beliefs is to write them down. This can be a helpful way to make your new beliefs more concrete and to keep them at the forefront of your mind.
- **Visualize yourself exhibiting your new beliefs:** Visualization is a technique that involves creating mental images of yourself exhibiting the qualities or behaviors associated with your new beliefs. By visualizing yourself in these ways, you can start to internalize your new beliefs and make them more real to yourself.
- **Seek support:** I cannot emphasize how important it is to have a support team help you through this process. A mindset coach who focuses on limiting beliefs, subconscious mind plus many other things (shameless plug for myself) can truly be a game changer in every facet of your life. For more information about my practices with coaching and much more, **[CLICK HERE.](#)**

Remember that changing limiting beliefs is a process that may take time and effort, and it is important to be patient and persistent in your efforts. By setting aside time each day to focus on your new beliefs and repeating them to yourself, you can start to make them more ingrained in your thinking and behavior.

If you are looking to truly create transformation in your business and personal life, having a coach speeds up the process.

Here are some reasons why you would want to consider hiring a coach:

1. **Personal development:** A coach can help you identify areas of your life where you want to grow and develop, and provide guidance and support as you work towards your goals.
2. **Improved performance:** A coach can help you develop new skills, identify and overcome obstacles, and stay motivated to achieve your desired outcomes.
3. **Greater clarity and focus:** A coach can help you clarify your values, priorities, and goals, and provide a structured approach to help you stay on track and make progress.
4. **Enhanced accountability:** A coach can provide regular check-ins and accountability to help you stay committed to your goals and make consistent progress.
5. **Personalized support:** A coach can tailor their approach to your specific needs, goals, and challenges, providing customized support and guidance.

Overall, a coach can be a valuable resource for anyone looking to make positive changes in their personal or professional life as they can speed up the process to helping you achieve your goals and so much more.

I have always had a coach, ever since I was 6 months from graduating Chiropractic school. (It has been 15 years straight).

For more information about my coaching methods and how I help, **[CLICK HERE](#)**.

I hope this simple, straight forward book has helped give you insight on the common things when it comes to mindset, but more importantly, dive deeper into what allows for us to experience the realities of what we choose through the power of limiting beliefs, rewriting our subconscious mind and truly reframing your mindset to create your reality.

In my 19 years spiritual, personal growth, self-help journey that I have been on, one thing I found is a common thread to all of what is shared: mindset.

It is the one thing that our entire life starts and ends with. Our entire experience starts and ends with the mind. So, why not focus there first when it comes to creating a successful business, attracting more money into your life, having well over enough for retirement, or attracting the perfect partner to having the best health and body.

All of these things all start with mind first. When we get clear there, the rest doesn't need as much work to achieve this.

This is what I call, "Effortless Success." The more you work on these things, the easier it becomes to experience it.

I have worked with 100s of entrepreneurs and I can tell you one thing for sure, when you get in alignment with your future self of what you want to experience and whole-heartedly stay focused on it, it is amazing how fast the Universe will respond to you.

I have seen clients who had \$50,000 in debt vanish in a week. I have heard, along my journey in energy healing, how a grapefruit size tumor disappears in 3 days. I have seen people shed weight off regardless of what they eat and drink or their exercise program.

I have even tested these things out to lose 15lbs in one month doing nothing different or utilizing a specific workout and I would achieve it. I have even tested losing 5% body fat in one month all with staying hyperfocused on what and why I wanted to accomplish this and in 33 days, I hit 5.5%.

The point I am making is, if I am able to do it and I have seen 100s of entrepreneurs accomplish this over the past 4 years, I know you can to.

This is the power and greatness we have within us but what robs of experiencing and understanding this power is the limiting beliefs we hold in our subconscious mind. We start there, we see a whole different reality to experience.

If you like to learn more about setting up a free 30 minute Breakthrough call with me, **[CLICK HERE](#)**.

I want to thank you for making it this far in my little eBook that hopefully inspired you, and gave you enough information to create a transformation of how you think, and perceive things.

Once we change mind, our entire life changes. If you want to learn more concepts on the mind, how it works, how to change it and much more, **[CLICK HERE](#)**.

I wish you nothing but success, fulfillment and joy in your life.

All the best...



Dr. Vic Manzo Jr.

Business Mindset Coach

Certified Pediatric Chiropractor

3 Time Author

Podcaster

Speaker