

The background of the entire page is a close-up, artistic photograph of teal-colored water. The water is in motion, creating a dense field of small, shimmering bubbles and ripples. The lighting is soft, highlighting the texture of the water and the individual bubbles. The overall color palette is a range of teal and seafoam green tones.

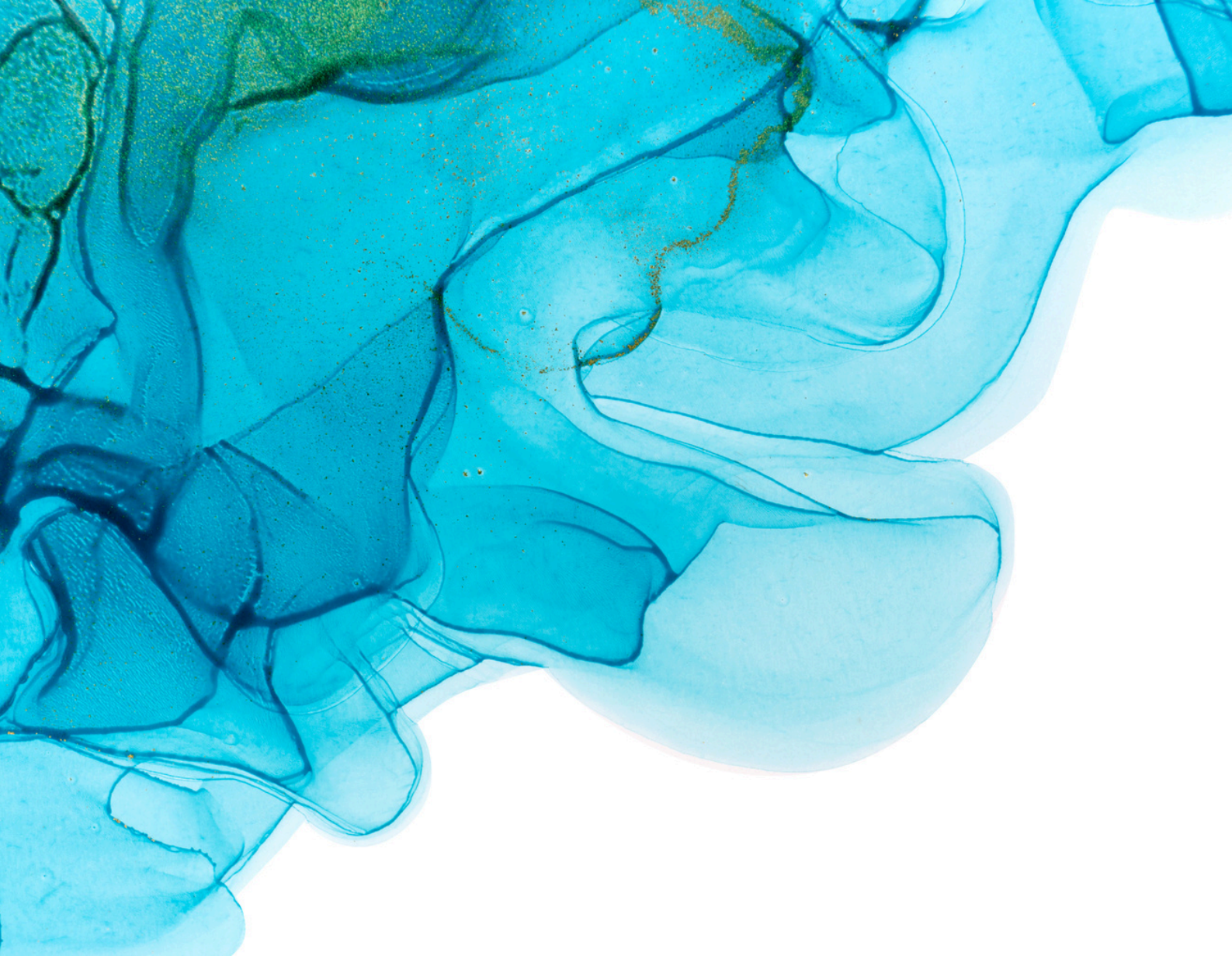
Releasing Limiting Beliefs

EBOOK + WORKBOOK

Tapped in Society

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INTRODUCTION

We all have goals and dreams, and we all have an idea of what we would like our lives to be like. Despite this though, many of us fail to reach those goals or to actualize our ideal lives. Why is this? And what do you think is holding you back?

There's a good chance that you already know what the answer might be.

It's you. All of us have been responsible for getting in our own way at one point or another. Either because of limiting beliefs, or because of poor habits and lack of discipline. How many times have you decided that you want to make a change in your life by getting into shape, or starting a new business, or getting a new job... only to then make zero progress in those areas?

It often comes down to a lack of faith in ourselves. Many of us have limiting beliefs about who we are, what we deserve, and how our life is meant to end up. This means that no matter how hard we work, we will never find success.

Limiting beliefs are incredibly destructive, largely because we don't realize how they're affecting us. They sit quietly in our subconscious mind and gradually prevent us from living up to our full potential. And more than that, they make us unhappy. They give us a sense of pessimism, which can color everything we do in unflattering tones. These beliefs act as your reference point. They form your internal operating system and affect every opinion you form and every decision you make in life.

This means that every feeling, thought, and experience you have will flow out of these beliefs. If you don't replace them with positive ones, you won't be able to get the most out of life – or enjoy it even if you do. The good news is that the brain is malleable. In neuroscience, they call it 'neuroplasticity,' which means the brain's ability to form and reorganize new connections. You can literally train your brain for success.

As humans, we are always changing, and even our very thoughts are capable of changing the structure of our DNA. This incredible fact means that it's entirely possible to transform the way you think, reset your operating system, and live a happier and more fulfilled life as a result.

In this guide and workbook, you will learn how to easily reshape your mind to start seeing positive changes in your life right now.

Let's Get Started





Chapter
01

Limiting Beliefs & their Impact



CHAPTER: 1

What are limiting beliefs?

Let's start by looking at a few examples of what limiting beliefs can look like. Limiting beliefs can come in many forms and affect every aspect of our lives. Here are some of the most common.

The person who can't start their own business.

Let's say you have a business idea. You want to coach new small businesses and help them get up and running. You'll charge a relatively low flat fee and then the company will pay you a slightly larger fee a year later when their earnings have passed a certain threshold. Nice idea!

Your model involves selling directly to the customer, and the way you plan to do this is by looking for them on Instagram. You will find people who post about a business plan, then you'll private message them and simply start chatting. If you spot an opportunity to sell, you'll offer your services. That's the "soft sell" approach, and it means you can build a relationship and demonstrate your value before you charge.

Here's the problem though: you're too scared to contact anyone! Every day you put off messaging your prospective customers, and you can't quite put your finger on why. Chances are it comes down to some limiting beliefs:

- You don't believe anyone would pay for your services
- You are worried that if you fail, you'll embarrass yourself or your family
- You are a "shy person" and don't like to disturb people

These are three separate limiting beliefs that are all holding you back from capitalizing on your dreams advancing your career and financial situation to the next level. Does this sound like you or someone you know?

The Person Who Won't Leave Their Current Job or Relationship



Maybe you've been there. In a job or relationship that makes you unhappy and you aren't feeling great about it. You know deep down that something needs to change, but you stay there anyways. Why? Because you feel it's the "best you're going to get," or that maybe you are destined for an unhappy, unfulfilling life. You think that if you end the relationship, you'll end up alone. Or if you quit, you'll end up on the streets without any way to support yourself.

Have you been there? I definitely have. A lack of self-esteem is usually the culprit behind these kinds of things. You subconsciously think you don't think you can get "better," or maybe you think you don't deserve any better. These limiting beliefs can keep you in situations or circumstances for far too long. Is there a situation you are currently facing that deep down you know isn't right, but you are letting it drag on anyway?



The Person Who Doesn't Believe in Themselves

Did you know that when Stephen King first wrote *Carrie*, he threw it in the trash? It was his wife who retrieved it for him and told him he was being ridiculous. Turns out that we often can't recognize our own good work – or we're too scared to believe in it. Sound familiar?

Now compare this to someone like Jack Canfield who persistently kept sending out the *Chicken Soup for the Soul* manuscript despite it being rejected over 100 times! The *Chicken Soup for the Soul* Series ended up being one of the most successful book series of all time, selling over 500 million copies. Imagine if Jack Canfield had King's lack of self-belief.

The person who doesn't think they deserve better

The sad truth is that for some people, limiting beliefs are so powerful they often keep us stuck in certain situations because we don't feel that we truly deserve to live a better life than we already have. We have 'enough' so we shouldn't even try for more. Is there something you want but deep down don't think you are worthy? A new house, a better relationship?

This is one of the most common limiting beliefs out of all of them.



The Person Who Self Sabotages

Not all limiting beliefs can seem like negative things on the surface. For example, how about your sense of "self?" We all have a sense of who we are, but most of us don't think of this as a limiting belief. Who you think you are is not necessarily limiting... but it can be.



The perfect example of this is what happens when you get stuck in "type" thinking. This is when you think you are a certain "type" of person, or that you have a certain set of traits... and then you let that dictate who you are as you progress through life. For example, you might have a reputation for being a class clown or lazy, so this keeps you from handling important situations or responsibilities that arise.

Because of this belief you subconsciously hold about yourself, you may be overlooked for career advancement opportunities. Eventually, this starts to hurt your career, but you feel as though you can't change that about yourself because you've always been that way. Likewise, you might not want to stop smoking because you have "always smoked." You might not want to improve your diet because you love being known as the guy who eats everything. You might not approach clients because you think of yourself as shy.

Limiting beliefs exercise

List the beliefs you think may be limiting you and your potential.

Some examples are: I'm not talented enough to pursue my passion. I'd be more beautiful if I was skinnier. All my relationships have failed so I am meant to be alone. My family is a certain way, so I will always be that way.



Change your limiting beliefs Worksheet & Exercise

Become mindful of your thoughts during the day.

Start to look for negative patterns that keep showing up & ask what belief is creating it. Write down any limiting belief you notice on the following page. Example: I'm stuck in this situation and I'll never get out.

Find the underlying story behind your limiting belief.

When and where did you learn it, and why do you believe it is true? Example: Maybe I tell myself I'm stuck because in the past a person or experience made me feel powerless & unworthy of better.

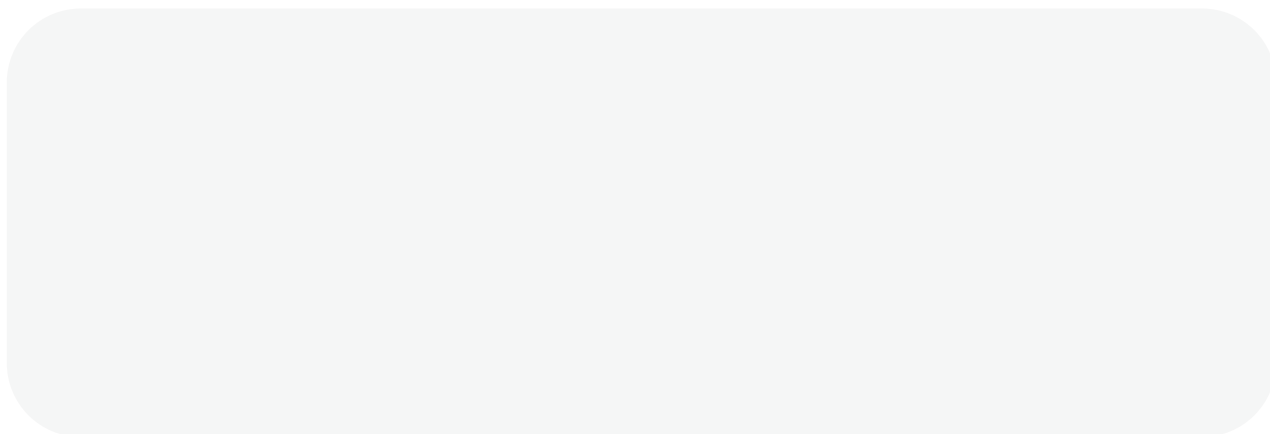
Flip it around, what if the opposite was true?

What positive beliefs & stories are you going to tell yourself from now on? Write it down. Example: I am worthy and capable of anything I dream of. I can always find a way to change my situation as long as I am open to the possibilities.

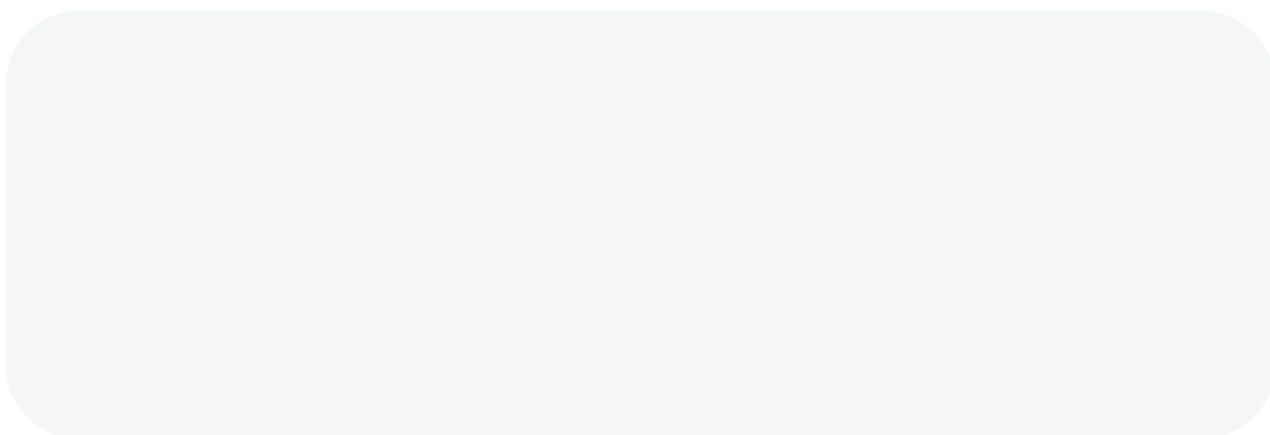
Repeat your new belief everyday.

Anytime the old story pops into your head, immediately correct yourself with your new positive story. Repetition makes it a permanent part of your belief system. Choose 10 affirmations to repeat daily. Say them out loud every day; the most powerful times to recite them are immediately upon waking and just before going to sleep.

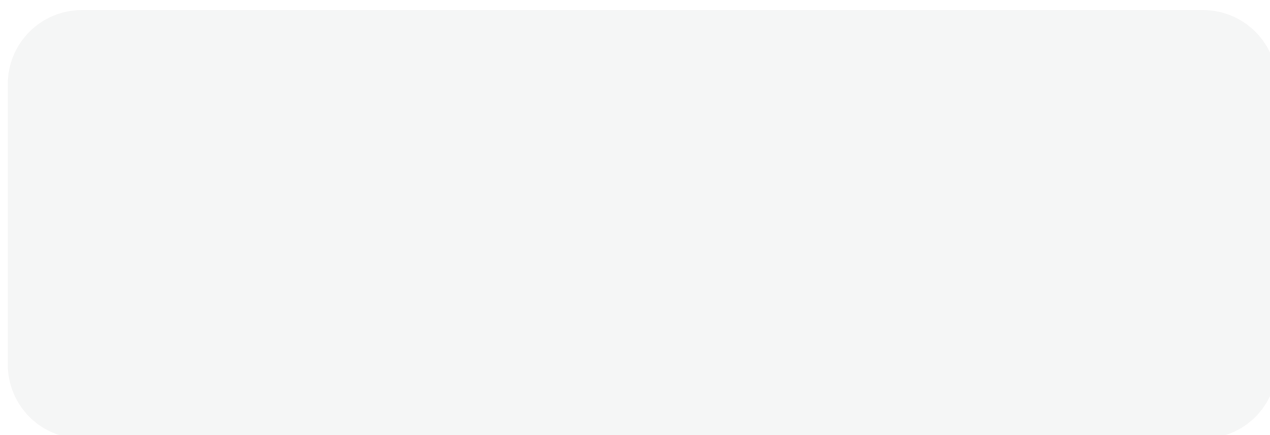
01 What is your limiting belief and its underlying story, and why do you believe this is true?



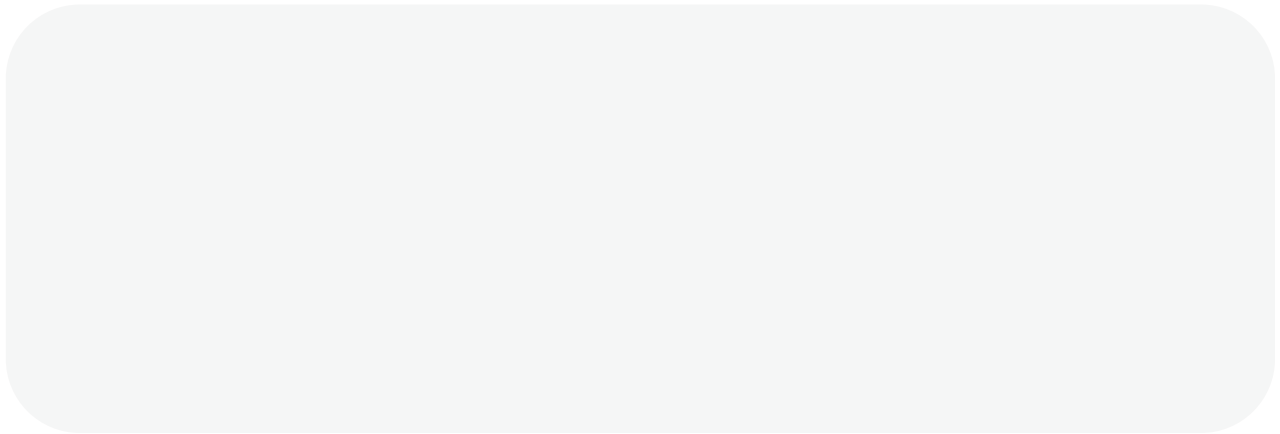
02 Are the events described above still true?



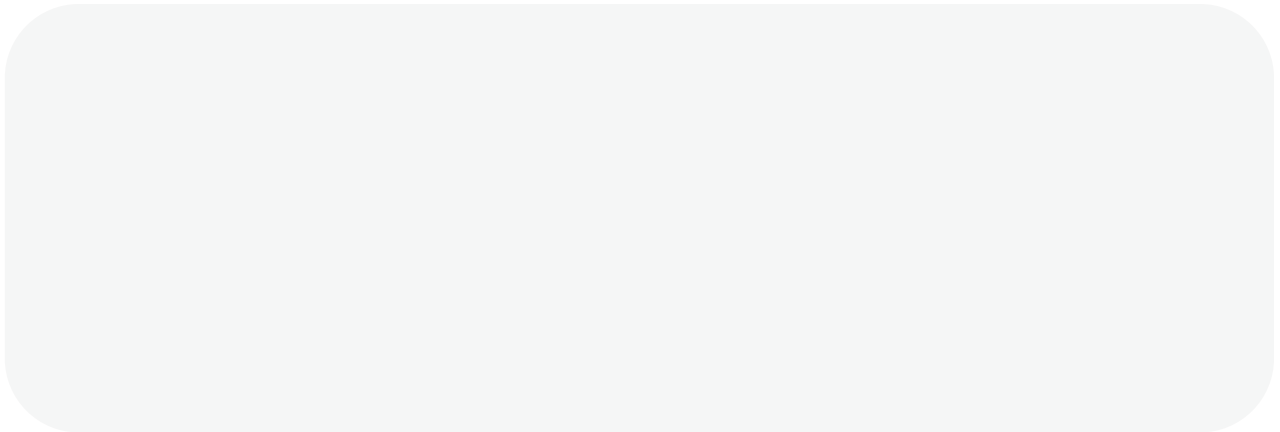
03 What has this belief cost you? How has it affected your attitudes or behavior? Write down examples of how this limiting belief has held you back.



04 Imagine if you didn't have this limiting belief. What would be different? How could your life or results be better?



05 What if you are wrong? Think of evidence to disprove this belief.





Chapter
02

Improving your thoughts

TAPPED IN SOCIETY



CHAPTER: 2

The impact of your thoughts

What many people don't realize is that we can become happier, healthier, and wealthier by simply changing our thought patterns and belief systems. The way we think and feel about ourselves is what we attract into our lives. We create our universe internally first.

Ever known a person who is always jovial and positive, and things always seem to go their way? It's because they have trained their brain to think in a specific way, and that brings certain circumstances in their life.

Recognizing your thought patterns, challenging long-held habits, and digging into your belief systems is the best way to upgrade your life and start creating better circumstances in your life.

People tend to think that luck, happiness, and prosperity are things that are out of their control. They either have luck or they don't, or are a happy person, or they aren't.

The truth is that our thoughts and beliefs shape the lens through which we perceive and interact with the world around us. This means that when we cultivate a positive mindset and adopt empowering beliefs, we can significantly influence the outcomes we attract into our lives. People who consistently exude positivity and have better lives usually have honed the skill of consciously directing their thoughts and emotions toward what they desire.

The best way to unlock the potential to manifest greater happiness, health, and prosperity, is by acknowledging that we can shape our reality from within. Through mindfulness, self-awareness, and intentional thought patterns, we can use our minds to design a life that aligns with our deepest desires and aspirations. If you recognize the connection between your inner world and outer experiences, you gain control over your life.

LAW OF *attraction*

You may have heard about the Law of Attraction. This law states that whatever frequency or vibration you put out into the world through your thoughts, beliefs, and actions, is ultimately what you receive back into your life.

Have you ever noticed that being around someone with a positive, inspiring attitude raises your energy in a way that somehow feels infectious? Just like being around someone with a bad attitude or negative energy. That is called vibrational frequency, and it affects us immensely.

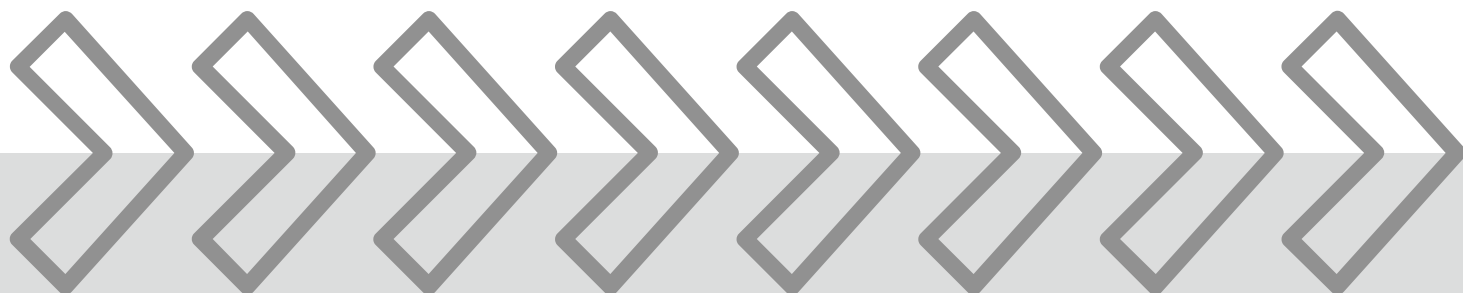




If someone genuinely believes they will be successful or are destined for greatness, they will exude this certainty in everything they do. As a result, they will display signs and signals that show people they are a capable and confident person. These people have an internal belief system that dictates their actions, words, and even how they communicate with the world nonverbally.

The Law of Attraction states that like attracts like, meaning that our thoughts and beliefs can shape our reality. In the context of success and destiny, those who firmly believe in their ability to attain something often unknowingly harness the power of this universal law. By consistently focusing on their goals and maintaining a positive mindset, they attract opportunities, resources, and people that align with their aspirations.

Thoughts and beliefs are powerful magnets that draw in circumstances and people that reinforce your beliefs. A positive feedback loop perpetuates in the same way a negative one does. Your inner convictions develop into tangible manifestations in your external world. Which kind do you create?





Thoughts become things. That's how the Law of Attraction works.

Henry Ford once said, "Whether you think you can or think you can't, you're right." Do you agree?

If you believe yourself to be a certain way, then the world will treat you that way. This is why exploring your limiting beliefs and inner dialogue is so vital to your health and success.

The Law of Attraction works whether you 'believe' in it or not. If you don't believe it's real and stay pessimistic, then your world will stay the same. Think only bad things happen to you, and they will. Think you attract only damaging people and circumstances? You are right; you do.



A good example of how releasing limiting beliefs can shape our existence is to look at a man named Roger Bannister. Bannister was an English neurologist and Olympian who was determined to run a mile in under 4 minutes, even though it was thought to be humanly impossible as many people had attempted and failed. Bannister told himself it was possible, and didn't stop trying until he did.

Not coincidentally, shortly after he accomplished this, many people went on to run sub-4 minute miles and beat his record in just 46 days.

Reframing your thoughts

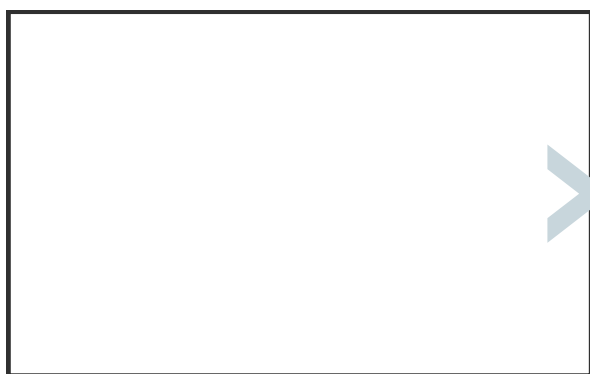
Instead of...	Try these...
What if i fail?	What if i succeed?
Why is this happening to me?	Why is this was happening for me?
What is the worst thing that could happen?	What is this best thing that can happen here?

Empowering Swaps

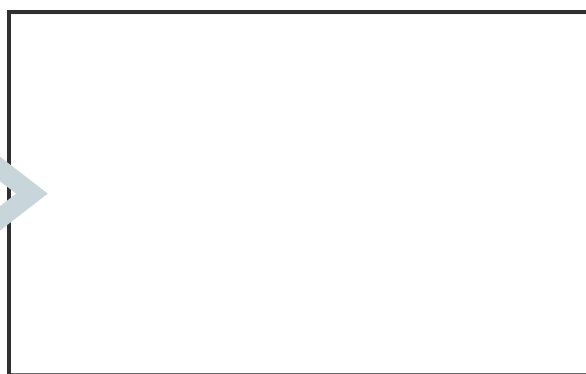
Limiting/Disempowering	Expansive/Empowering

Reframing your thoughts

Limiting Belief



Positive Affirmation



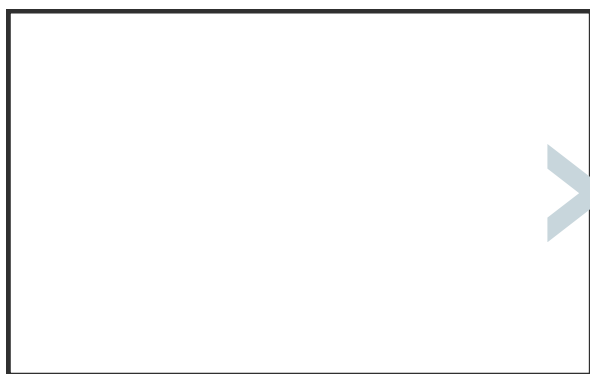
Limiting Belief



Positive Affirmation



Limiting Belief



Positive Affirmation





Upgrade
your
mind,
improve
your life



CHAPTER: 3

Upgrading your life & mindset

Now that you know your beliefs shape your future, the next step is to decide what you need to change. To do that, you need to ask yourself this question: *what would truly make your life better?*

In a perfect world, you'd immediately replace all negative beliefs and reset yourself to be happier, healthier, and more prosperous. In reality, this work will take time and consistency. Start with the areas that need the most improvement. What's your priority? A better job? A better relationship? More confidence? Here's how to choose.

KNOWING WHAT TO CHANGE

All of us want to live a happy and fulfilled life, but only some of us are willing to put in the time and effort necessary to go after the things we want. If you are here, you are ready for the challenge & should be proud.

The first step to freedom is to evaluate what parts of your life are working well, and which aren't. What exactly do you want to be better? Maybe it's an improved financial situation or a better relationship with your partner. Maybe you feel unsatisfied with your career.

We need specific, measurable, and actionable goalposts to fully understand how to devise a plan and strategy to get to the finish line. We cannot know how to achieve this without specifics. This is the plight that many of us face that leaves us drifting directionless and without fulfillment. Luckily there are some proven techniques and strategies to help you overcome these problems and determine what you truly want in life.

WHAT'S BOTHERING YOU?

One way to identify what you need and what makes you happy is to start by identifying what *doesn't* make you happy. Most of us have a laundry list of things that are currently causing a problem in our lives or minds. If you can identify these things that you want to change, suddenly you can see what kind of changes would be necessary to improve your current situation. How can you work toward getting rid of these issues?

YOUR EULOGY

While it might sound a bit dark, writing your own eulogy can actually be a very inspiring and enlightening process. Writing what you would ideally like people to say about you after you're gone can help you gain clarity on the way you show up or want to be living your life. By writing down the eulogy you would like to hear, you can help to identify the things that are important to you and the kind of person that aligns with your core values.

It's important to look at ourselves and our lives objectively. All of us humans on earth experience our lives through our own lens. Living authentically and intentionally is important, and you would be surprised to learn that we are not always perceived the way we think we portray ourselves.

Understanding yourself internally as well as how you are perceived by others are powerful ways to make positive change in your life.



ANALYZE YOUR ROLE MODELS

Another way to gain clarity is to look at your role models and think about what it is you respect or admire about them. These are people who you most likely view as having “made it,” and who you think are successful or inspiring. What is it about them that resonates with you?

Looking at successful people can help us recognize what we may aspire to be like. Find the similarities between your different role models to see what traits they have in common.



THE SEVEN FOLD WHY

The seven-fold why is a self-development technique that challenges you to ask yourself a question and then ask 'why' 7 more times. This allows you to get to the core of your answer and to learn about yourself in the process.

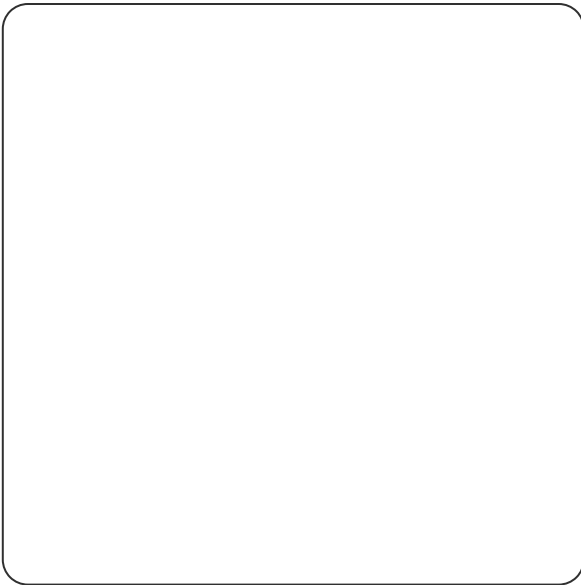
Example: What do you want to do? Become a fireman. Why do you want that? To help others. And why do you want that? To feel I am making a difference. Why? Because I feel I have something to contribute to society. Why? Because my parent said that I need to positively impact others to be successful. Suddenly you have shed light on your motivations, as well as an ingrained belief: "To be successful I need to positively impact others."

REAR VIEW MIRROR

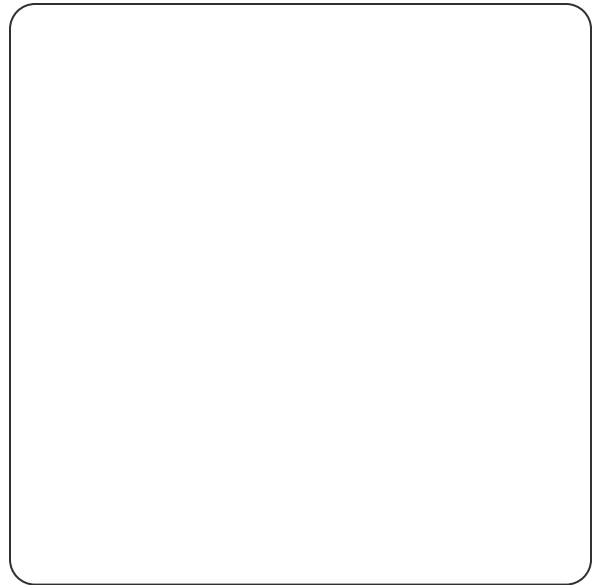
Looking into our past can be a valuable and insightful tool. Ask yourself this: of all the things you've achieved, and of all the experiences you've had, which mean the most to you? By looking at what brought you fulfillment in the past, you can learn about what might bring you fulfillment in the future. Once you've gone through these exercises and seen the things you want for yourself, the next question is: why aren't you there yet? Now that you know what you want to accomplish, you can hone in on the beliefs and mental constructs you need to uproot and upgrade.

Identifying Myself Worksheet

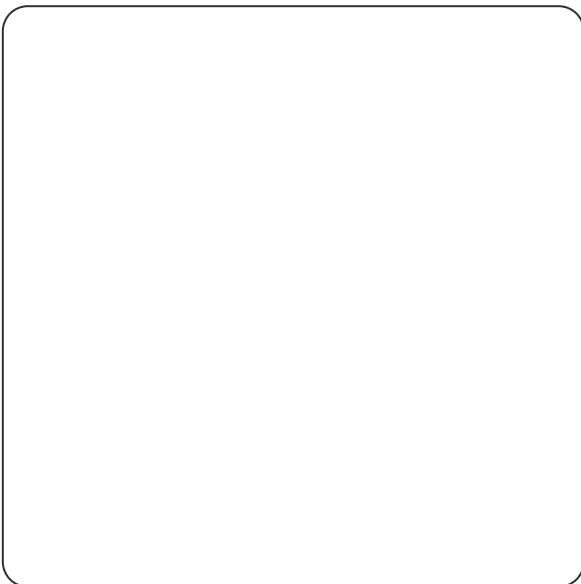
My strengths



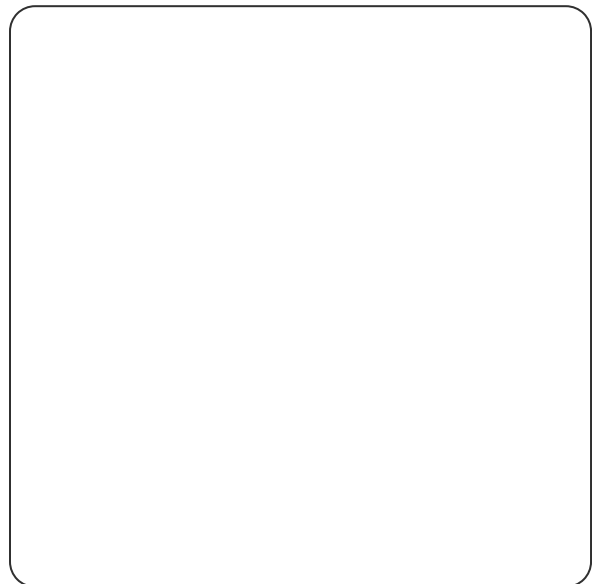
My weaknesses



Good habits



Bad habits



My Ideal Self Worksheet

what do you want to
change in your life?

Why & How?

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

Self Reflection Worksheet

What's been bothering you lately? Why?

How do you want people to remember you?

How do you think people perceive you?

Who do you look up to and why?

What traits do you see in others that you aspire to have?

What is a top priority for improvements to make in your life?



Chapter
04

Letting Go

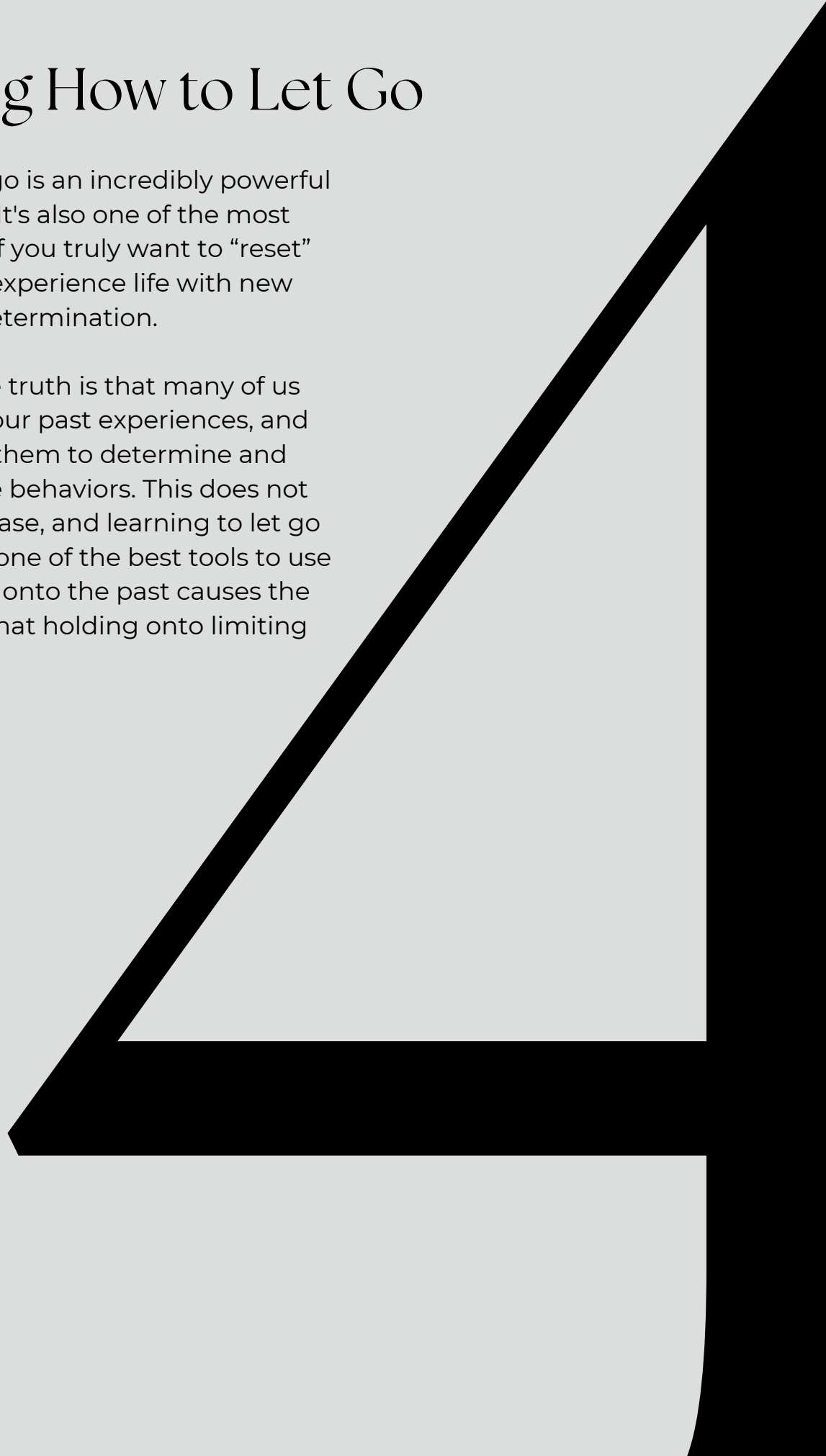
TAPPED IN SOCIETY

Learning How to Let Go

Learning to let go is an incredibly powerful skill to develop. It's also one of the most critical to learn if you truly want to “reset” your mind and experience life with new positivity and determination.

The unfortunate truth is that many of us feel defined by our past experiences, and therefore allow them to determine and guide our future behaviors. This does not have to be the case, and learning to let go and move on is one of the best tools to use for this. Holding onto the past causes the same damage that holding onto limiting beliefs does.

CHAPTER: 4





Traumatic experiences in our past can stay with us and cause us to feel as though we might have similar luck in the future. We often keep our guard up in relationships because of this exact reason. Previous relationships and past experiences with parents and peers can shape the way we see ourselves for a lifetime. If you want to move on and do more for yourself and your life, you need to clear the emotional baggage first.

We've all had to go through this at one time or another. It's common to bury or ignore painful emotions, but to truly grow it's important to acknowledge them and let them go so we can get on with life.

Wallowing in despair and feeling upset is not a constructive response to any situation and ultimately will result in failed attempts to build something better. Let's look at some ways you can let go, move on, and overcome emotions that potentially might be crippling you and preventing you from getting what you want in life.



Getting Unstuck

Letting go of people and relationships is very different from letting go of projects and ideas. You can lose a physical thing, lose money, or lose your work on a new novel for instance, but that is completely different than the feeling of loss that comes with the deterioration of love or connection with another human. Regardless of the circumstances, it never helps to spend time wallowing in your sorrow and feeling down on yourself.

The best way to handle loss is to acknowledge your pain, appreciate the good that you had with the person/thing/phase of your life, and devise a plan to move forward. Picking up the pieces while creating a plan to rebuild makes the process that much easier. Don't put it off any longer.

Farewell ceremony



Whatever it is you have lost, it's important to deal with those emotions and get closure. This is why a funeral and wake are so important following the death of a loved one; because they allow us to say goodbye and close that chapter of our lives. You can have a send-off for anything, whether it's someone you loved, a business, or a career. Closing a chapter can be difficult but incredibly rewarding at the same time. You can even have a celebration to mark the "end" to an influential time in your life, or even to the "old you." This can also be a healthy way to get rid of the "type thinking" we discussed in Chapter 1.



“Ships are safe in
harbor, but that's not
what ships are for”

”

Showing gratitude & recognizing the value

The expression “it's better to have loved and lost than never to have loved at all” might not seem comforting to those who have done the former, but it can be helpful in the healing process. Whenever we ‘lose’ a person, relationship, or possession, we will have learned and grown from the experience. When you realize something has left a lasting impression on your life and changed who you are, it's important to respect and acknowledge that.

The empty chair

Sometimes part of the difficulty with letting go of a loved one or a relationship is that you still have unresolved issues that you haven't had a chance to overcome. Unfortunately, sometimes things go unsaid until it's too late. To help you to move on it can be helpful to get these issues off your chest by talking to a chair that you imagine that person is sitting on. Another useful tool is to write a letter to them and then destroy it afterward.



Reframing your thoughts

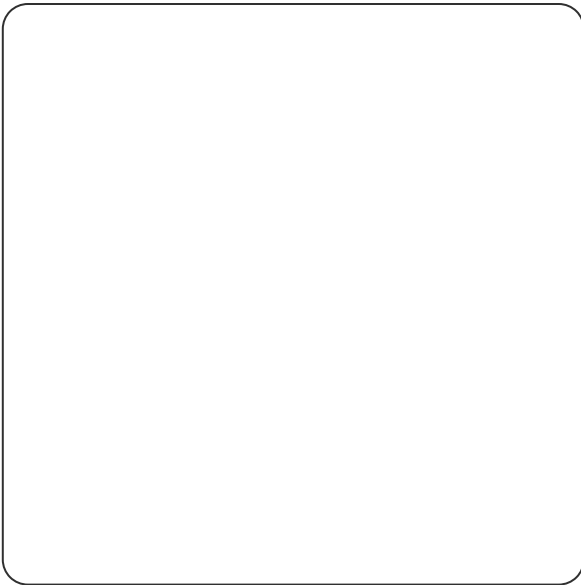
A simple but effective strategy you can use to help in the letting go process is to reframe your conscious thoughts as they happen. When you notice negative thoughts coming through, you simply replace them with more positive ones. When you are grieving the loss of someone, shift thoughts of “Why did this happen?” to “I'm grateful for the time we had together.” Next time you find yourself ruminating in emotionally damaging ways, try reframing thoughts as more positive and gratitude-centered. While this may be of little comfort at first, over time you may find they become habitual and help you ease any sorrow or tension you are feeling in the moment. The mind is a powerful thing.

Accept that everything happens for a reason

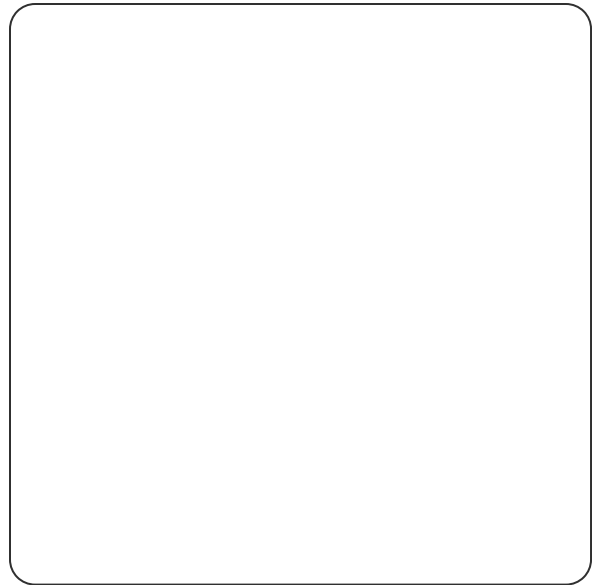
Instead of feeling that things happen *to you* in life, adjust your view to see them as happening *for you*. If we believe everything we experience is for our benefit and growth, (even the challenges and difficulties), then we reframe our entire mindset to be grateful and believe everything is working in our favor. This is a much more favorable mental framework to hold than victimhood.

Letting Go Exercise

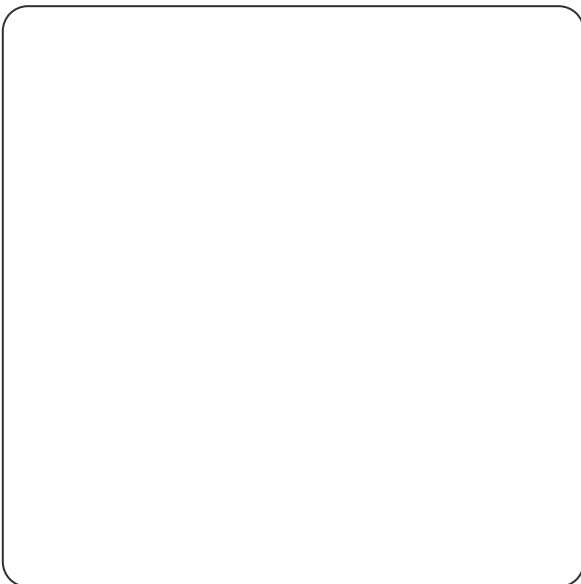
Who or what are you ready to let go of?



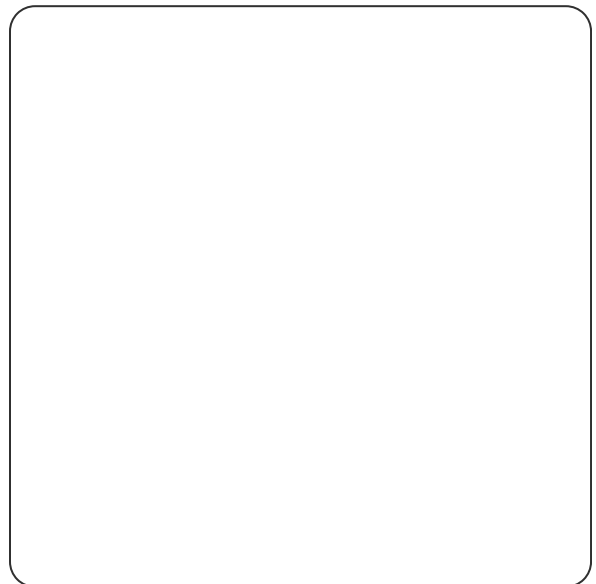
What do you need to do to fully let go?



What have you lost by holding on?



What will you gain by letting go?





Chapter
05

Implicit memory

TAPPED IN SOCIETY



CHAPTER: 5

Implicit memory

Once you've removed many of the negative lingering emotions and beliefs that come from your old experiences, you might wonder about those that are still there, floating just under the surface.

Many of us fall into old patterns and habits based on old experiences but are not aware of them at the time. Have you ever found yourself doing something that you didn't really remember deciding to do? This is implicit memory.

Implicit memory is what happens when you don't consciously remember that you remember something.



Usually when we think of a memory, we are describing what's known as “explicit memory.” These are the things we can actively recall happening, the things we can relive in our minds, and the knowledge we know we have. These are memories that we access consciously.

In the case of implicit memory, we may remember things but are unable to identify specific details or to summon them at will.

Studies have shown that even when we can't consciously remember something that happened, it can still end up affecting our behavior, which seems to demonstrate that we have some recollection of it.

Even if we don't remember it consciously, there is some kind of “record” of it which can impact us in many ways. Things can stay with us emotionally, physically, or even spiritually.

Types of implicit memory

An example of implicit memory might be repressed memory, which is a term coined by Austrian neurologist Sigmund Freud.

Freud suggested that people repressed difficult and traumatic memories to keep them hidden from their conscious mind because they were too difficult to confront.

Another implicit memory form is normally evidenced by the existence of “priming,” where the person has no knowledge of such priming.



Priming happens when we have certain experiences and scenarios that might alter our perception or behavior. For instance, you can prime yourself to be more aggressive by watching aggressive films in a hot room with red walls. Similarly, you could prime yourself to respond to questions in a certain way to make yourself more likely to answer subsequent questions using the same paradigm or frame of reference.

Implicit memory could also be used to describe other “types” of memory, such as muscle memory, which don't have a semantic element to them for us to remember consciously. A knee-jerk reaction, for instance, could be the result of an experience we had in the past, even though we might not remember that event or link the two. Procedural memories allow us to do such things as writing, riding a bike, or reading, because we don't have to do any conscious “remembering” of how to do those things. We just know the procedure.

The reason this is relevant and interesting is because it shows us once again just how our actions are shaped by forces we aren't even aware of. And this becomes particularly problematic when you find yourself constantly thinking things like “I'm going to fail.” While you might not realize it, those implicit memories influence your subsequent decisions and beliefs.

YOU NEVER KNOW
HOW CAPABLE YOU
ARE UNTIL YOUR
PASSION MEETS
YOUR
DETERMINATION

How do you use implicit memory?

The concept of implicit memory is relatively new and has not been subject to that much research. Nevertheless, early evidence suggests that such a phenomenon might be valid and valuable in understanding how our minds work.

Our bodies and brains are wired to absorb information and then subsequently use it to protect us. All memory in infants is thought to be “implicit,” because they are unable to consciously retrieve certain memories, yet their body and brain react to situations they have experienced before.

Another example is seen in amnesiacs who can no longer create new memories but are still susceptible to priming and can still be affected by implicit memories overall.



"Memory is the diary that we all carry about with us." – Oscar Wilde

Illusion-of-Truth Effect



The illusion of truth is an example of a cognitive bias that may be related to the concept of implicit memory.

Essentially the “illusion of truth effect” says that we are more likely to believe a statement to be true if we've heard it before – and even if we don't remember having heard it.

The reason is that we think “that sounds familiar,” or it registers on some unconscious level, and thus we conclude that there must be truth to it.



Implications

Implicit memory suggests that our decision-making is affected through priming and other mechanisms. Have you ever decided to do something without thinking it through, and all of a sudden you are in the middle of the task or action, and wonder, “How did I even get here?”

Some of our behaviors and feelings may likely be affected by memories that we aren't aware of. This could explain why we sometimes find ourselves in bad moods or feeling anxious without knowing why. It's likely that something we've encountered has triggered an association and an emotional response, even though we might not remember exactly what memory or experience caused it. Again, the mind is a powerful thing.

It's also worth recognizing that this can cause us to make unwise decisions or to believe things that aren't necessarily true. If you feel like something must be true because it sounds familiar, or you feel drawn to a particular course of action without knowing why, then try taking a moment to assess your emotions and where they're coming from before you let them completely dictate your actions. How can we do this? One powerful way is to think about all the things that shape your emotions and thoughts without you even being aware of them. Think about your physical environment and the thoughts and beliefs you tell yourself regularly.

Have you ever spent time inside a dark or gloomy room and felt kind of low energy and blah about the day? But that all changed when you went outside and stepped into the sunshine, right?

Do you often find yourself in a bad mood or with a negative mindset, but you are not sure why? When you find yourself feeling negative, ask yourself where it might be coming from. Could it be something that has been affecting you unconsciously? Just recognizing that our feelings and thoughts can come from “outside” will often do a lot to help us get them back under control.



Chapter
06

Cognitive Restructuring

TAPPED IN SOCIETY



CHAPTER: 6

Cognitive Restructuring

Many of the techniques we have looked at so far discuss mental framework, limiting beliefs, and subconscious programming. Now lets look at how we can restructure our thoughts to help us attain healthier, wealthier and happier lives, from the inside out.



Introduction to Cognitive Restructuring

Cognitive restructuring is a tool that can be used to destroy damaging beliefs that might be leading to self-destructive behavior. This tool is powerful in combating addiction and addictive behavior and can be beneficial for those of us who tend to self-sabotage.

Addiction and self-sabotage are closely related. While we might relate addiction to hard drugs and drinking, many of us also have unhealthy habits that can become addictive. Cognitive restructuring is a safe and non-invasive method that can be very effective in helping improve or change these behaviors.

What is Cognitive Restructuring?

Cognitive restructuring means looking at our thought processes that lead to certain behaviors, and then trying to alter the thoughts themselves, versus waiting until the action or behavior is taking place and attempt changing it. It's like treating the cause instead of the symptom.



Addictions can come in many forms, and many of us have them. They can be anything from shopping to scrolling or playing video games, all the way to drug and alcohol use. Regardless of the addiction itself, there is a psychological aspect that often comes from the thought patterns or ruminations a person might have leading up to the behavior.



As an example, if you find yourself stressed, what is your go-to habit? A smoker will probably go for a cigarette, thinking it will make them feel better. Maybe it's a beer or glass of wine for you. We often look for something to soothe us in times of stress or difficulty. But instead of looking for something on the exterior that can calm our nerves, cognitive restructuring is the process of addressing and acknowledging the thoughts we are having that are causing the stress.

What do you ruminate on? What thoughts cause you to get so worked up internally that you think you need something to talk you off the ledge?

Recognizing our thought patterns leading up to moments of intense emotions can help us discover what it is we are trying to achieve from the source of fulfillment we instinctually go to. Often we don't really want the thing itself, we want to feel better inside our own minds and emotions. All of these things are distractions we use to avoid facing the issues we are trying to ignore.

Mindfulness & being present

Being mindful is about focusing on the moment we are in, and not worrying about possible future events or what happened in the past. It also teaches us to pay attention to the contents of our own thoughts. This means listening to the thoughts you're having without judging them or attaching to them.

If a negative thought crosses your mind, it's natural to grab onto it, and continue on the thought loop, deriving all kinds of emotions and scenarios along with it. Instead of that, mindfulness teaches us to let the thought pass by like leaves floating on a stream. Recognize the thought, but don't judge it. Just let it pass. Learning to be mindful can help ease a lot of tension in our lives.



DOUBT KILLS

MORE DREAMS

THAN FAILURE

EVER WILL

Replacing Negative Thoughts With Positive Ones

When you catch yourself thinking “I cannot deal with this right now, I am going to go do (whatever your thing is- scrolling, eating, etc),” replace this statement with the phrase “I am feeling (stressed, worried, anxious, etc), and that is ok.” Try taking a few deep breaths, acknowledging your feelings, and telling yourself that everything is working out in your favor. Even if you went and did “your thing” to decompress, you will still have to deal with the issue later anyway. Why not stay present and let it pass?

Repeating anything consistently affects your mind. Every thought and statement we make to ourselves gets imprinted on our minds. Do you ever have thoughts like:

- I'd never be able to do that
- I could never afford that
- I would just mess up again anyway

Your mind is powerful, and you have to remain in control. Luckily our conscious minds can train our subconscious minds!

This is why the affirmations and inner dialogue are so powerful. One of the top experts in the field of mind reprogramming and limiting beliefs is John Assaraf, a NYT Bestselling author and brain researcher. He teaches how to easily reprogram your subconscious mind toward wealth, health, and freedom. I highly recommend you at least read his free eBook [The Millionaire Mindset](#) to fully understand the power of your mind and how rapidly you can change your life by applying a few simple methods.

To truly gain wealth and wellness, and improve ourselves and our lives, we have to start with the mind first and foremost.



Mental Upgrade exercise

What negative thoughts do you regularly have, and what will you replace them with?

Negative thoughts:

Positive upgrade



Chapter
07

The life you want



CHAPTER: 7

The life you want

We all have desires in life. It could be a certain kind of house or the perfect partner for us, or maybe it's to be healthy, fit, and feel better about ourselves. Whatever your wants are, embrace them, and know that it is possible to have the life of your dreams.

Many successful people were once where you are in life, wishing for something more, and wondering if it was possible for them. And you know what? They made their dreams come true, just like you can make yours come true.

Knowing what you want

Understanding our dreams, goals, and desires goes further than just knowing what color you want your new car to be. It's important to look deeper at your desires to understand what the driving forces are. Losing weight for your wedding is great, but is it overall health you want, or maybe to have more energy or be a better role model for your kids? Really think about what you want in all areas of life, then dig deeper to discover the why behind it. The 7-fold why technique discussed in Chapter 3 is helpful in this process. Being consciously aware of why we want something will allow us to lean further into our pursuit of achieving it.



To determine what areas of your life you can improve on, start by reviewing the [5 key areas of life](#). These are:

- Physical Health
- Career/Finances
- Educational/Developmental
- Spiritual/Mental health
- Relationships/Social

Power positions & body language

Think about your dream life and everything it would include. Then look at who you are currently, and ask yourself if they fit together. Is the person you are today the same person who will achieve and accomplish all that it would take to have your dream life? Probably not. Most of us have a lot of room for growth and expansion to become the person we need to be to achieve our dreams. Luckily there are some simple ways we can start down that path. One easy way is to change your body language and how you present yourself to the world. Do you slouch, have a negative demeanor, or dress in a way that gives off a certain vibe that doesn't align with your intention?

Showing up as the person we want to be is an important step in personal growth because we have to look past our current reality and envision ourselves as the next best version. Self-perception is important.

By recognizing when you are doing the opposite of what you aspire to be, it's easier to cut out certain behaviors and belief systems. Do you want to be a business owner? Then watching a movie instead of doing your online business course isn't going to make sense. Dressing and acting the part will allow you to align with your intentions more easily and fast-track results.

Body language is also important. Maybe you consider yourself a shy or reserved person (which is a limiting or ingrained belief), but you want to have more confidence and use your voice to share your opinions and express yourself. That means making eye contact with people, talking to strangers, and keeping your shoulders and head held high would be powerful mannerisms for you. They can even drive the production of feel-good hormones and neurotransmitters that actually make you more confident.

Just smile



We all think of smiling as a good thing and something we should do more because it makes the world a nicer place to be. But do you realize the benefits it can have in our interpersonal relationships and in the moods of the people around us? Simply smiling can actually make you feel better not just about yourself, but about life as a whole. You are more likely to have positive interactions with other people as well as be treated better by others.

Thanks to something called "facial feedback," simply smiling can be one of the easiest ways to improve your mood. Next time you are feeling low or down, try smiling and see what happens. There is no risk, so you might as well try.

When we smile externally, science has shown that the positive neurochemicals in our brain react by flooding our system with happy hormones. This not only improves our own mood, but how do you think you are going to treat others around you if you are smiling?



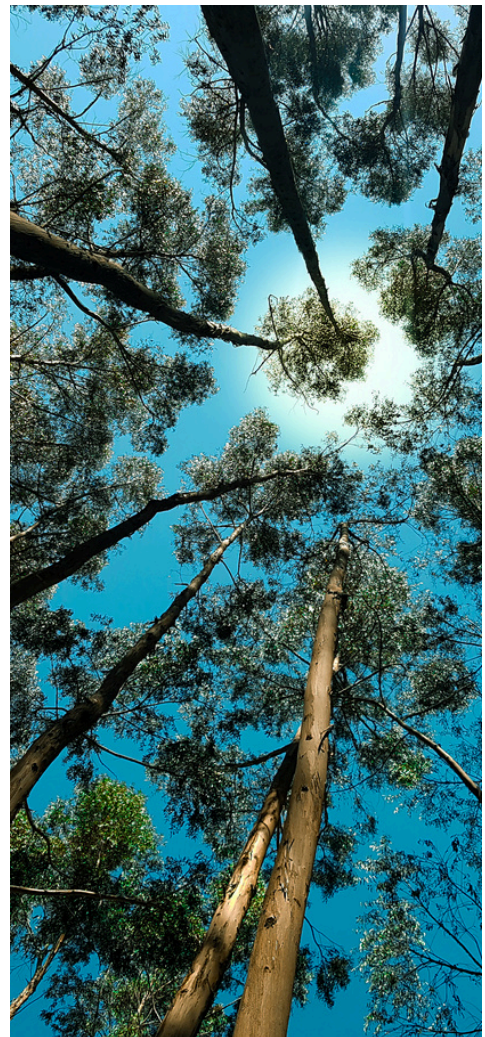
When we are producing positive hormones and endorphins, rather than damaging ones like the stress hormone cortisol, handling difficult situations becomes easier and less painful. These positive chemicals also boost your immune system and help you to become more resilient against illnesses and other health problems.

Have you ever noticed that happy people tend to be healthier and have fewer health issues versus people who carry around negativity and focus on the problems?

What does your ideal life look like?

Creating your ideal life begins with understanding what truly matters to you. This introspection involves exploring your values, passions, and aspirations. Take time to reflect on what brings you joy, fulfillment, and a sense of purpose. Identify your strengths, interests, and the activities that energize you. Then look at how you are currently living your life and see if the two are in alignment or not.

By clarifying your desires and priorities, you lay the foundation for crafting a life that aligns with your authentic self. Once you have a clear vision of what you want, ask yourself specifics about what your daily life would look like. Do you work in an office? Do you have weekends off? Do you go running every morning? Do you live by a lake? How are you spending your free time? Creating your ideal life always starts with embracing a growth mindset, and viewing challenges as opportunities for learning and growth. When we cultivate resilience and perseverance, we can accept that setbacks are part of the journey.



To manifest your desires effectively, you must harness the power of beliefs and intention. Take time to visualize your goals and engage your senses to understand how you will feel in the future. Do you want to feel more confident? Or less stressed? Go into detail in your mind. By maintaining a positive outlook and aligning your thoughts and emotions with your desires, you amplify the effectiveness of the law of attraction.

Addressing limiting beliefs is crucial in unlocking your full potential and manifesting your ideal life. We unleash our power when we identify and challenge any beliefs that may be holding us back. Self-doubt, fear of failure, or feelings of unworthiness can be replaced with resilience, determination, and confidence. Ask yourself who you will surround yourself with; supportive friends, mentors, and resources will uplift and inspire you.

Remember that creating your ideal life is an ongoing process that requires commitment, self-awareness, and adaptability. Stay open to new opportunities and experiences, remaining flexible in your approach as you navigate the twists and turns of life. Celebrate your achievements along the way, acknowledging the progress you've made and the person you're becoming. By embracing change, challenging limiting beliefs, and aligning your thoughts and actions with your desires, you can create a life filled with joy, purpose, and abundance.

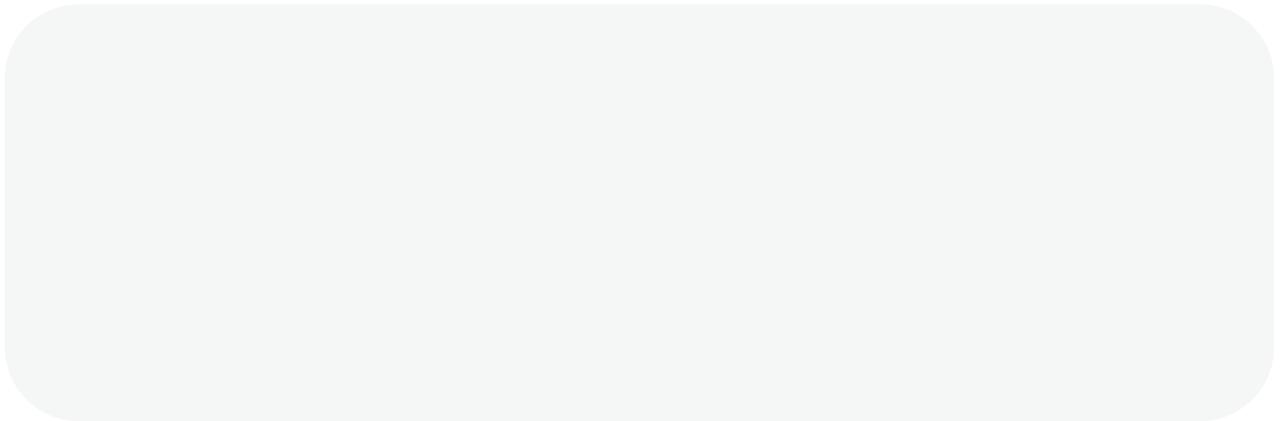
"Live as if you were to die tomorrow. Learn as if you were to live forever."

-Mahatma Gandhi

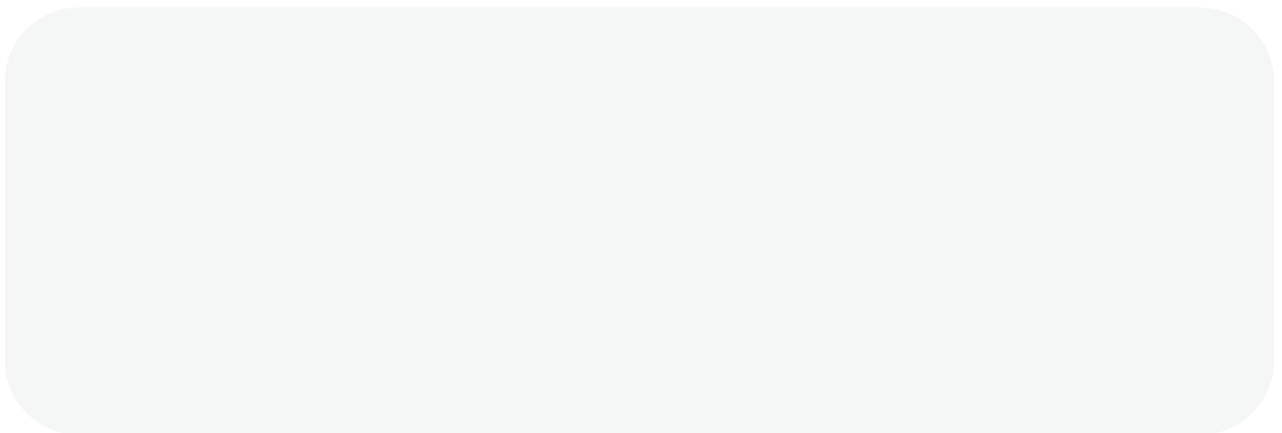
Ideal life blueprint

Write out in detail how you want each area of your life to look. Make it as specific as possible.

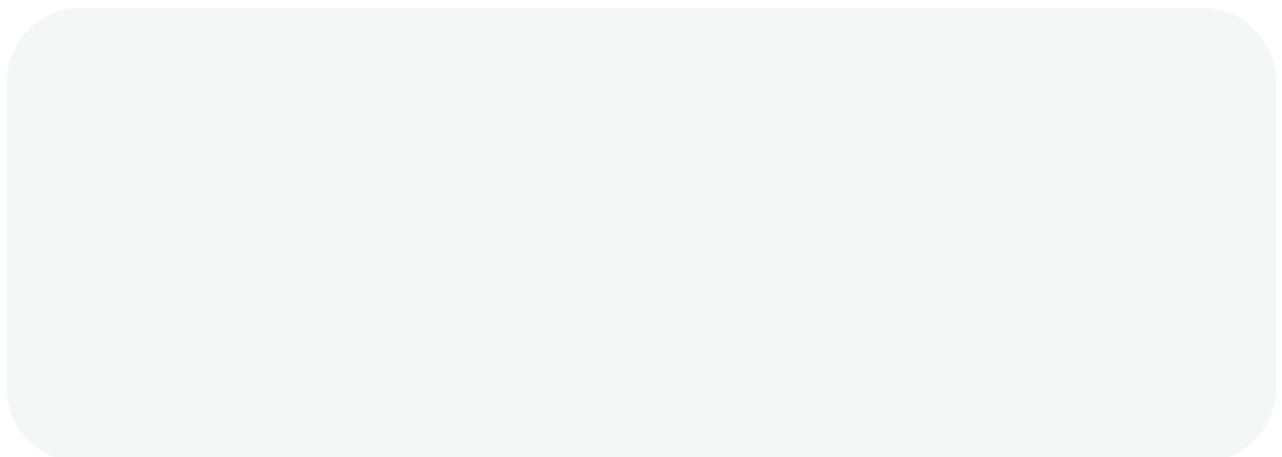
Physical health:



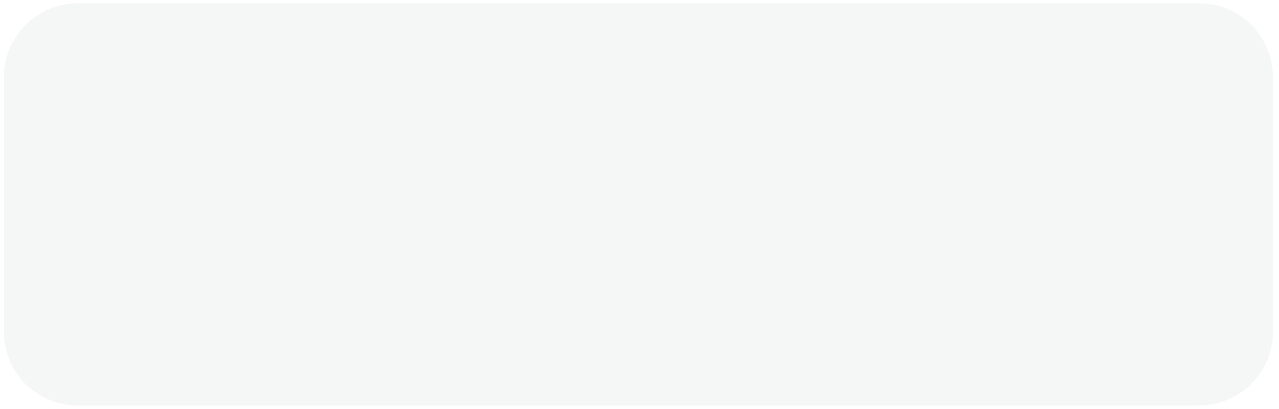
Career and finances:



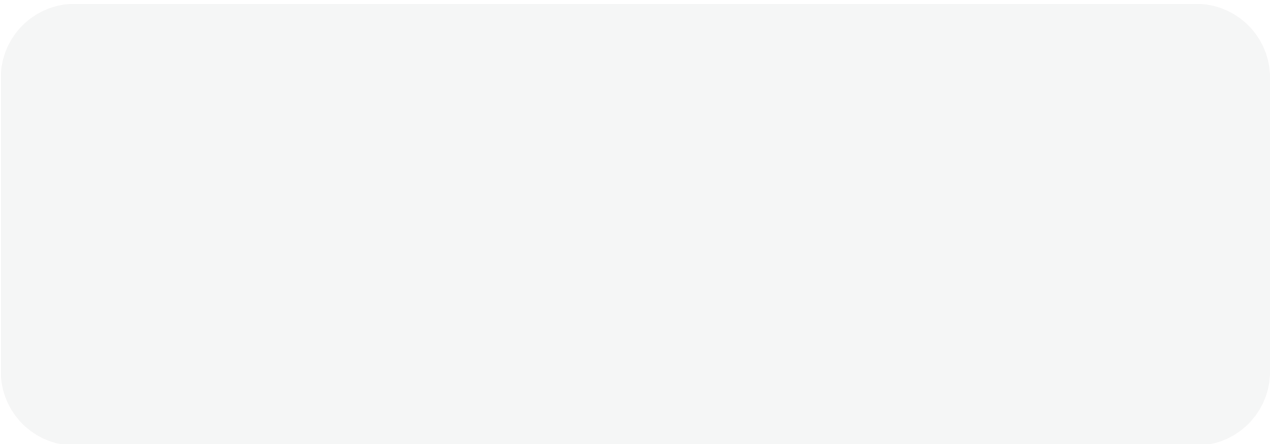
Educational/Developmental:



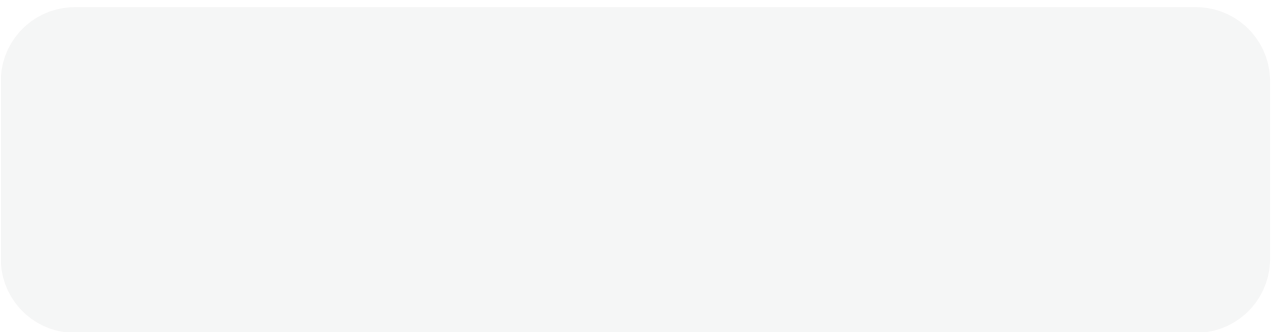
Spiritual/ Mental Health



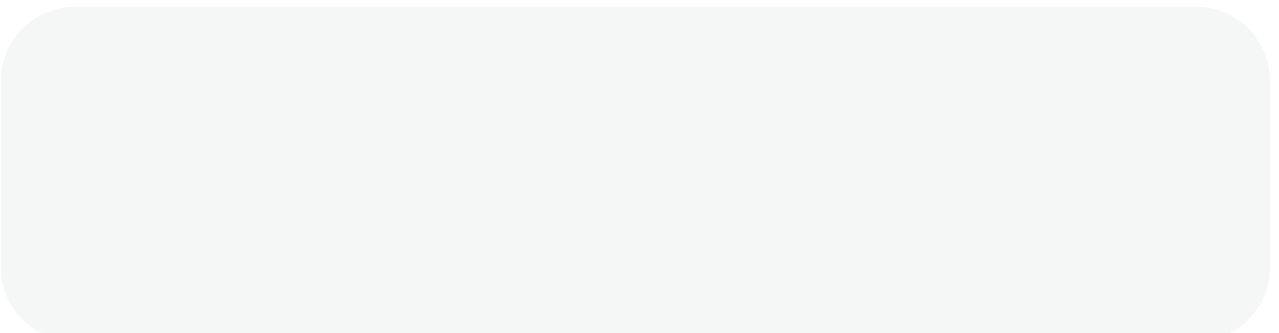
Relationships/Social Life:



Now write out 2-3 sentences that sum up how your ideal life will look based on all of the details you wrote above. Use this as a daily affirmation



What are some action steps you can take to make these a reality?





Chapter
08

Meditation

TAPPED IN SOCIETY

CHAPTER: 8

Meditation

A powerful catalyst in releasing limiting beliefs and harnessing your true power is meditation. Meditation is often misunderstood or misclassified as something mystical or unscientific. The truth is that meditation is simply a term describing a range of different practices that have a single purpose and effect: to train and exercise focus.



The meditation many people are familiar with is transcendental meditation. That is when someone sits in silence and focuses on a single “mantra” such as a hum or a word. The result? A completely clear mind where you can learn to rise “above” the many petty concerns that previously made you stressed and unhappy.

Likewise, religious meditation means doing the same thing – focusing on a passage of religious text or a prayer. In tai chi (moving meditation) the focus is on the body. However you do it, the main objective is to direct the mind and to avoid letting thoughts and feelings bog you down. Mindfulness can also be practiced as a form of meditation. Here, you don’t try to empty your mind but just focus on the contents of your thoughts, without letting them affect you. This is useful for the cognitive restructuring we discussed previously. All types of meditation have one more powerful effect: they help you to detach from any thoughts or emotions from any time other than in the present.

Next time you find yourself feeling overwhelmed or crushed by the weight of the world, try deciding to ignore the negative thoughts and focus instead on the moment right in front of you. Positive affirmations can also help, along with being grateful for all of the good things happening in your life.

All of the concepts in this guide become far more powerful once you gain control of your focus and your thoughts. When we direct our attention, we tell our brains what is important, and what is accurate. As a result, we are able to trigger physical alterations in our brains, that can eliminate negative, limiting beliefs.

Transforming the way we think & feel

Here's what we've learned so far and the techniques we can use to transform our lives from the inside out:

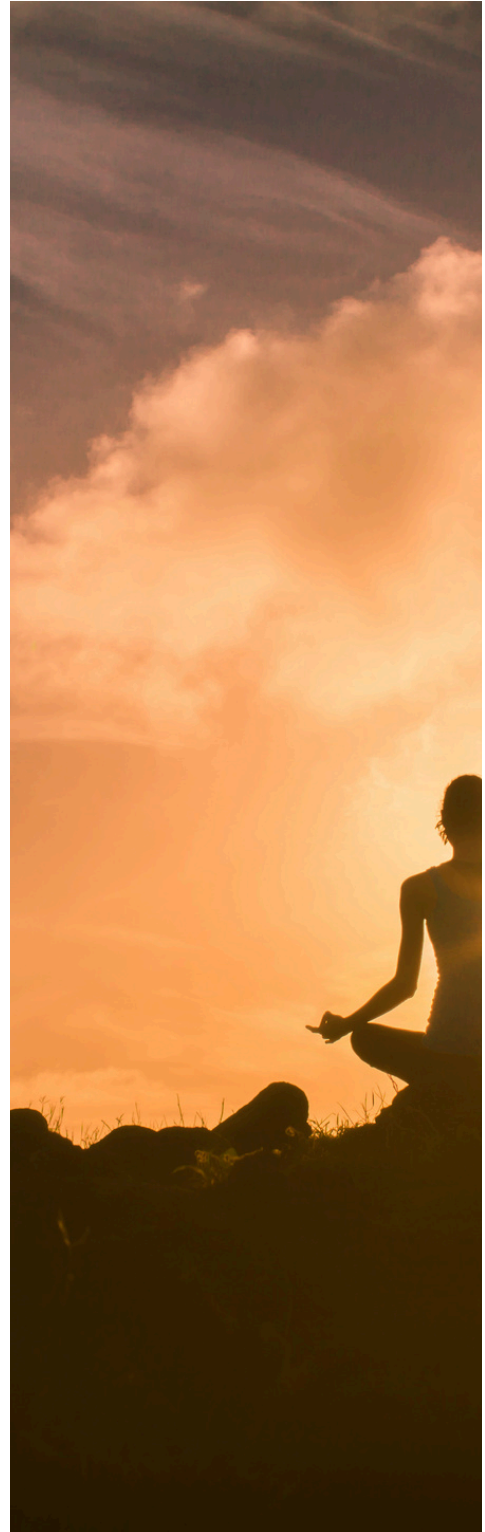
- Negative thoughts and beliefs are extremely damaging and change your entire life for the worse
- The law of attraction tells us that when we think bad things about ourselves, it makes us give off negative energy which others reflect back at us. We take fewer chances and spot fewer opportunities.

How to handle issues that arise:

- Identify negative or limiting beliefs by redirecting our thoughts and using mindfulness techniques.
- Determine which areas are affecting you the most, and which things you can change in order to embrace the lifestyle you want

Other factors involved are:

- Lingering thoughts and feelings about previous experiences may make you feel pessimistic and less happy
- Implicit memories affect the way you feel even when you aren't consciously aware of them – these can be affected by our environments and thoughts





Ways to deal with negative or damaging thoughts and beliefs:

- Use cognitive restructuring in order to change negative beliefs and apply more positive ones
- Use exercises like the “empty chair” to say goodbye to lingering emotions and hang-ups that you need to release
- Throw yourself a “going away party” to close a chapter of your life, or let go of bad habits or patterns that no longer serve you
- Place notes around your house or on your phone with positive affirmations
- Don’t feel the need to stick to your old traits and behaviors, even if you have always believed you are a certain ‘type’ of person
- Change what you’re wearing, how you stand, and even your facial expressions for a quick mood and confidence boost

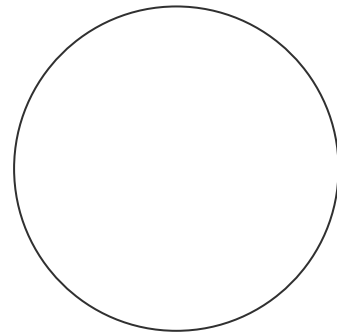
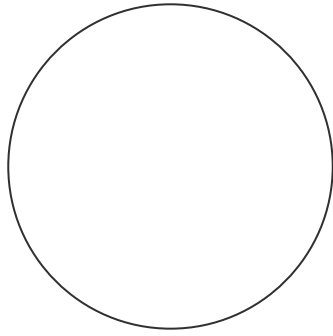
We’ve learned a lot over the course of this book, and so all that’s now left to do is to put it all together in order to reset your mind and start enjoying the fruits of that positive, confident mindset.

Intention Setting

Write out your intentions for meditation or self care routines or practices you want to incorporate

This month I plan to..

This month I choose to focus on..



Form for writing intentions, consisting of a rounded rectangle with a grey header bar.

Form for writing intentions, consisting of a rounded rectangle with a grey header bar.

Form for writing intentions, consisting of a rounded rectangle with a grey header bar.

Form for writing intentions, consisting of a rounded rectangle with a grey header bar.

Form for writing intentions, consisting of a rounded rectangle with a grey header bar.

Form for writing intentions, consisting of a rounded rectangle with a grey header bar.

Form for writing intentions, consisting of a long rounded rectangle with a grey header bar.

WHAT YOU THINK YOU
BECOME. YOU
ATTRACT WHAT YOU
FEEL. YOU CREATE
WHAT YOU IMAGINE.



Conclusion

Recognizing and challenging limiting beliefs that hinder your progress is the easiest way to empower yourself to pursue your dreams. We are the directors of our lives, and we are the only person who can make significant changes for ourselves.

Respecting and embracing Law of Attraction allows you to shape your reality through positive thinking, intention setting, and mindful manifestation. It's like knowing something with every fiber of your being, and then watching it unfold the same way you saw it in your mind. Through these practices, you can unlock the potential for greater happiness, fulfillment, and success in all aspects of your life. Are you ready?

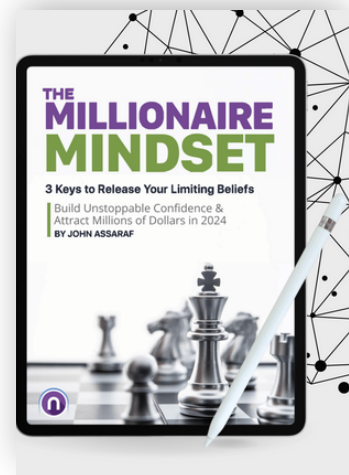
Releasing limiting beliefs and harnessing the power of the universe is deeply transformative but requires commitment, self-awareness, and a willingness to embrace change. As you cultivate a mindset of abundance and align your thoughts, beliefs, and actions with your deepest desires, you tap into the limitless potential within yourself to create the life you truly desire. Stay positive, stay on top of your mindset and mentality, and go after what you want. You deserve it more than anyone.

Additional Tools and Resources for your Journey

Free E-Book

The Millionaire Mindset but John Assaraf is the next step for anyone looking to take their mindset to the next level. The results-driven and brain-researched approach he takes is unparalleled.

[CLICK HERE](#)



Life Planner Deluxe

Stay on top of all of your goals, manifestations, and productivity all in one place. This planner is the most in-depth and detailed planner out there, including Law of Attraction spaces & prompts.

[CLICK HERE](#)

Subconscious Reprogramming

To truly understand how our minds work and how we can reprogram them for success and wealth, this video explains in detail how to tap into the frequency and start seeing rapid change in your life.

[CLICK HERE](#)



Bonus Section



Below are some of our favorite worksheets and trackers to help you stay on top of your personal development journey.

YEARLY INTENTIONS

This year I will do..

MORE OF

LESS OF

Weekly Reflection

Good things from my week:

What I spent most of my time on:

Things that I will continue to work on next week:

Things that I went well for me:

Areas that I need to reflect and dive further in:

I am ready to release and receive guidance on:

Self Reflection

I am someone who loves _____

I am someone who dislikes _____

I am someone who enjoys _____

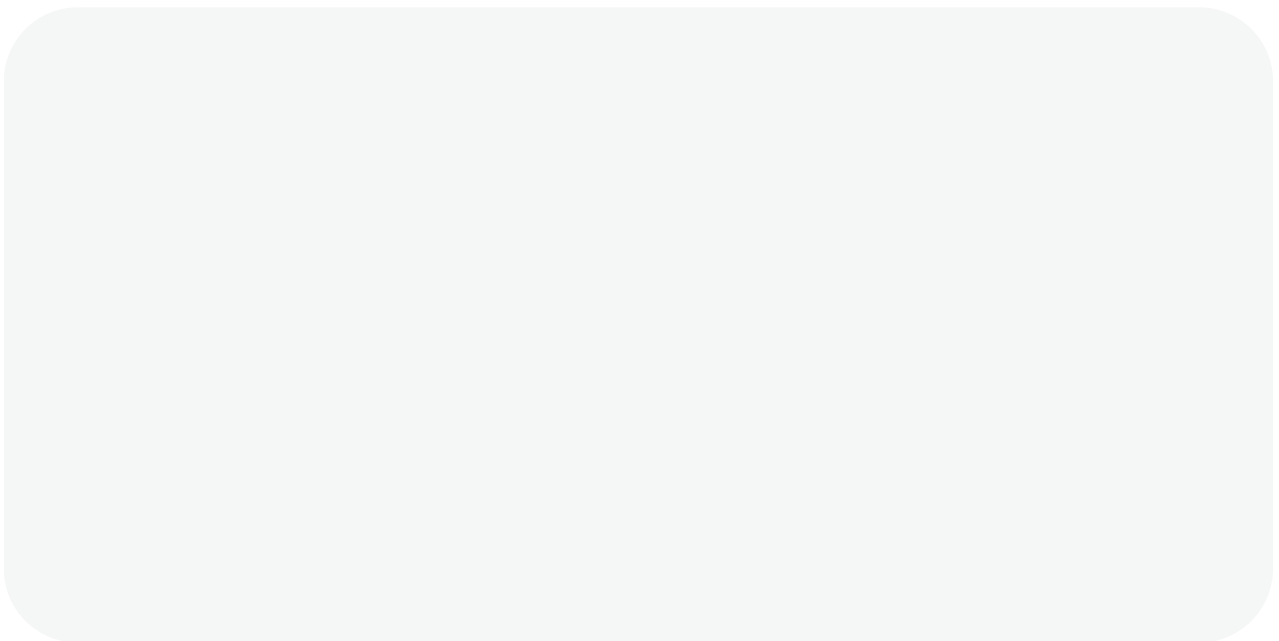
I am someone who is ready to _____

I am someone who always _____

I am someone who's thankful for _____

I am someone who is knows _____

I am someone who is _____



Energy Amplifiers

- Sunlight
- Outdoors
- Breathing Exercises
- Laughters
- Cuddling with an animal
- Meditation
- Reading
- Music
- Talking to a trusted friend
- Journaling
- Creativity
- Sleep
- Self-care
- Writing

Energy Vampires

- Over-analyzing
- Too much screen time
- Clutter
- Dehydration
- Poor diet or habits
- Poor sleep
- Gossip/drama
- Lack of boundaries
- People pleasing
- Blaming others
- Comparison
- Disempowering self-talk
- Lack of movement
- Living in the past Repeating negative cycles
- Not taking action

Mood Tracker

DATE:

MOOD:



TODAY I HAD ENOUGH:

	YES	NO
SLEEP	<input type="radio"/>	<input type="radio"/>
REST	<input type="radio"/>	<input type="radio"/>
WORK	<input type="radio"/>	<input type="radio"/>
EXERCISE	<input type="radio"/>	<input type="radio"/>
VITAMINS	<input type="radio"/>	<input type="radio"/>
MEDICINE	<input type="radio"/>	<input type="radio"/>
FOOD	<input type="radio"/>	<input type="radio"/>
FRESH AIR	<input type="radio"/>	<input type="radio"/>
SELF-CARE	<input type="radio"/>	<input type="radio"/>

Today's
Affirmations

TODAY'S CHALLENGES

TODAY'S HIGHLIGHTS

Weekly Emotions

DATE:

WEEK:

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Summary of the week



YOU ARE ALLOWED
TO BE BOTH; A
MASTERPIECE

A WORK IN
PROGRESS



Daily Check In

DATE:

Dream log

Hours of sleep:

Sleep quality:

TOP 5
MOMENTS
OF TODAY

DAILY
ACHIEVEMENT

DAILY
GRATITUDE

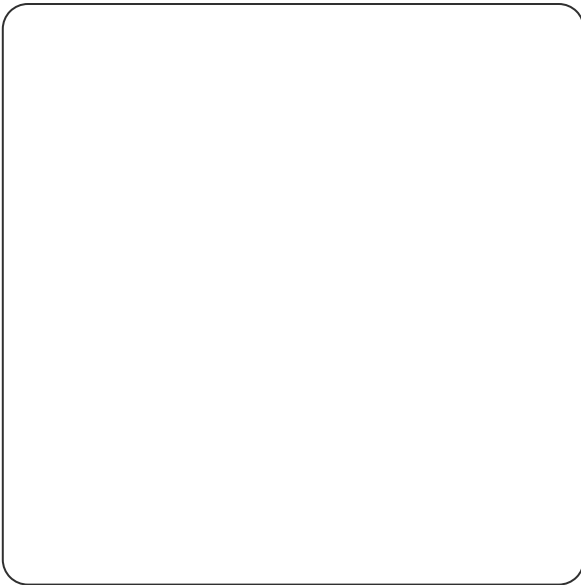
BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER	WATER
					OZ.
CAL.	CAL.	CAL.	CAL.	CAL.	TOTAL

EXERCISES

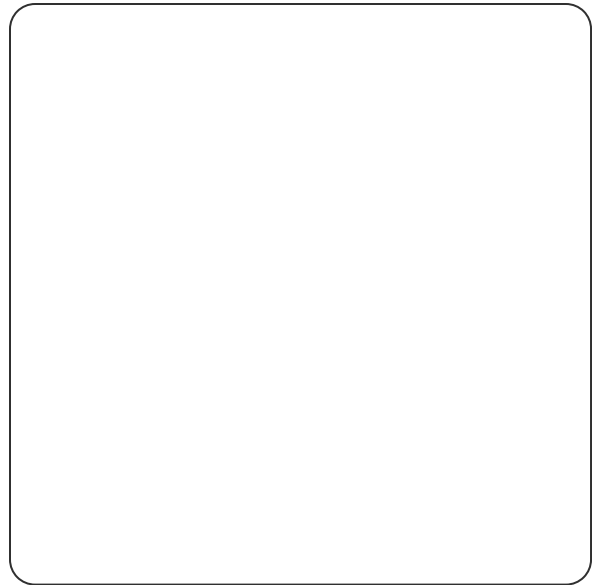
TOP TO-DO LIST

Self Evaluation

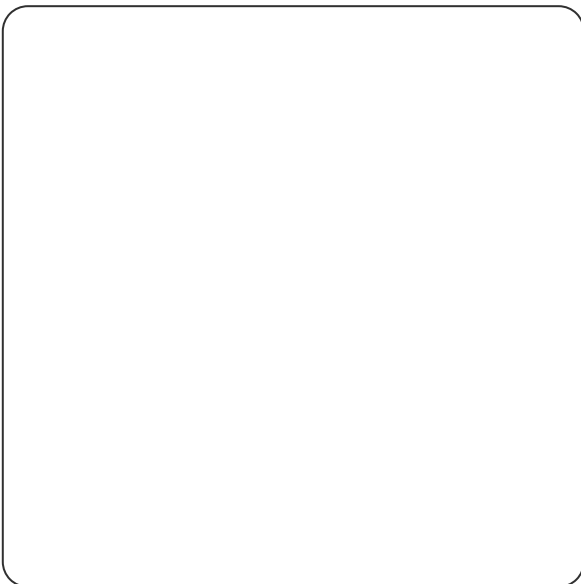
My strengths



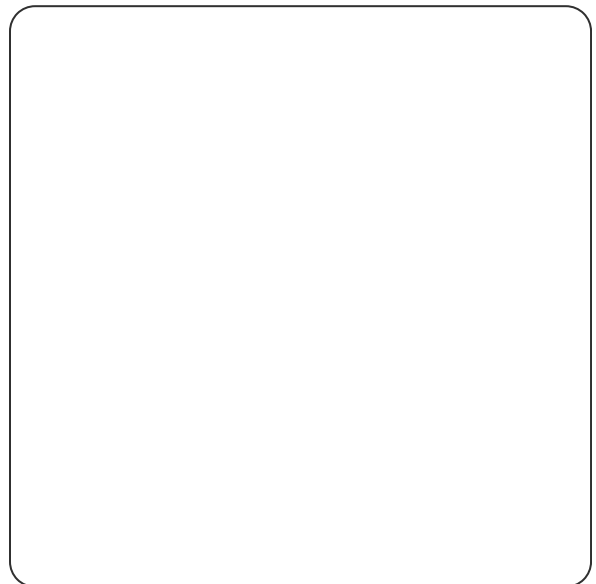
My weaknesses



Good habits

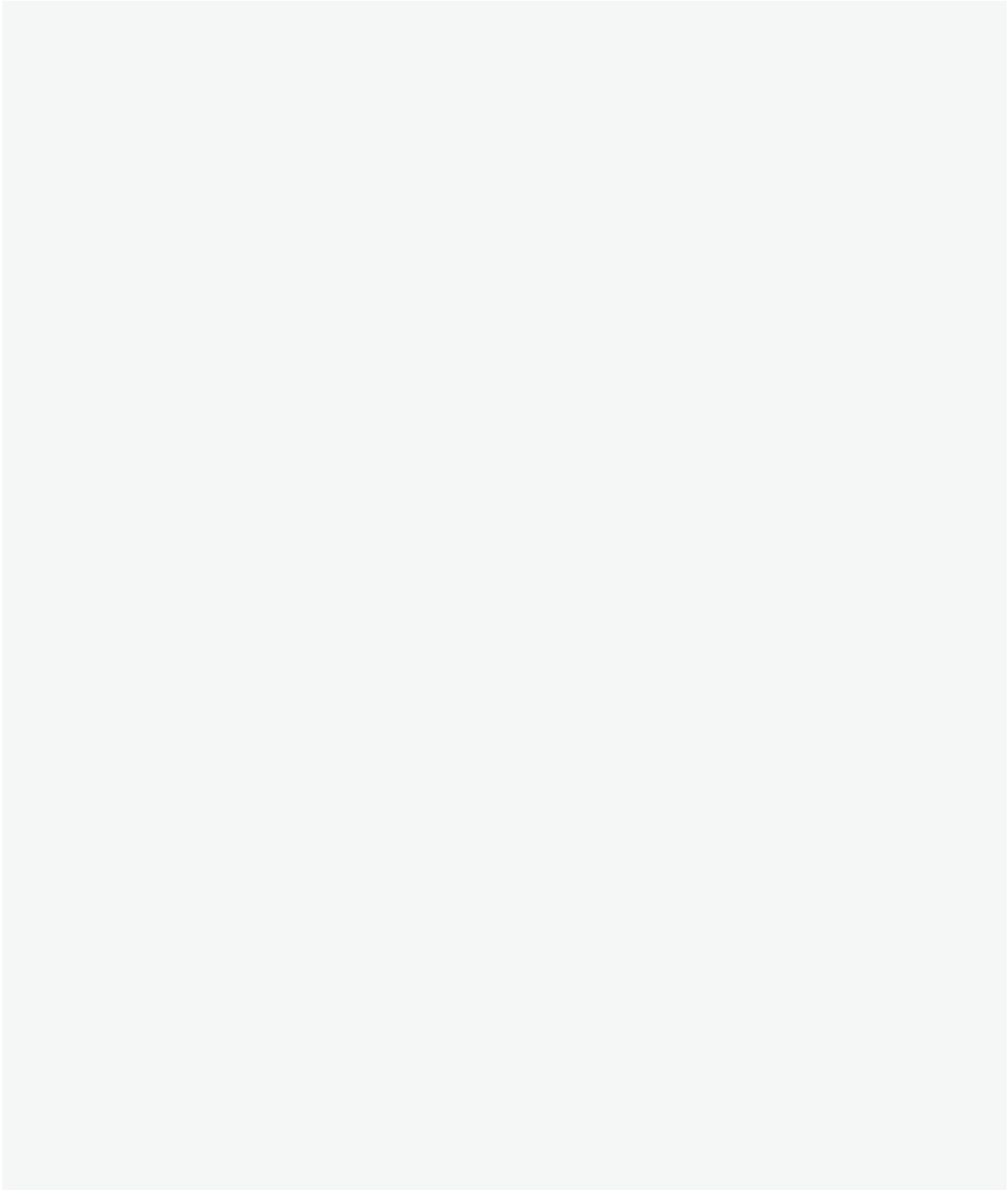


Bad habits



Affirmations

I will repeat everyday:

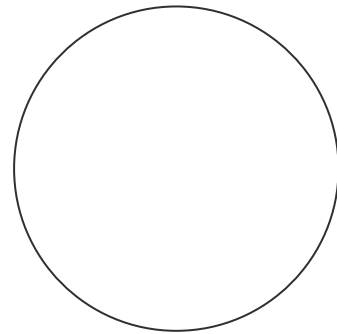
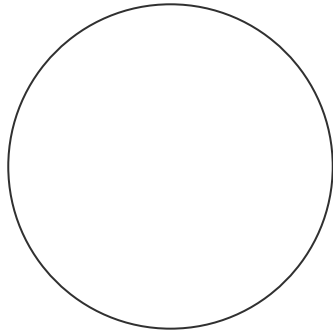


MONTHLY INTENTIONS

Month: _____

This month I choose to let go of..

This month I choose to focus on..



Self-development

Finances

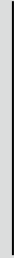
Relationship

Health & wellness

Self-care

Career/school

Monthly mantra



PROGRESS
not
perfection

