

YOUR BLOCKS

Brain Dump all your limiting beliefs or negative self talk in all areas of your life, that you would like to shift. Then do the exercise for each of them one at a time....

BELIEF SHIFTING

You can do this exercise for any area of your life.

CAREER & MONEY, FAMILY & RELATIONSHIPS, SPIRITUALITY, HEALTH & FITNESS, LEGACY

Just follow the steps below:

STEP ONE:

Write down the top 3 beliefs you have told yourself in the past in this area. It will be the first 3 that come to mind that are important. Even if you try to fight it ... go with the first 3. Just let them all flow and write them down until they are all out. Don't over-think it.

STEP TWO:

When was the first time you had this belief? Think way back - maybe even your childhood. Since then you would have done everything you can unconsciously to make that belief true to you. We can shift that to a new belief.

STEP THREE:

Whether you believe it or not you have already taken some action in your life to prove your negative belief to be false. However, we choose not to see it. In this step I want you to search for proof that you have in fact done the opposite of this belief at least once before.

STEP FOUR:

Is this FACT or STORY?

STEP FIVE: What would you LIKE to be true? This is where you replace that belief with one that DOES serve you. Then you can make the new belief your new truth.

STEP SIX:

Without realising it you would have, at some point, already proven your new belief true.

Write down in the box at least one example of when you have already made this new belief true.

STEP SEVEN:

Now that you know what you want ... what actions can you take that would PROVE to you that the new belief is true?

OLD BELIEFS

YOUR CURRENT BELIEFS

WHAT IS YOUR BELIEF?

1

2

3

WHEN WAS THE FIRST TIME YOU HAD THAT BELIEF?

1

2

3

GIVE AN EXAMPLE PROVING THIS BELIEF TO BE UN-TRUE

1

2

3

IS THE BELIEF TRUE OR IS IT A STORY?

1

2

3

"DON'T ASK QUESTIONS UNLESS YOU KNOW THE ANSWERS
WILL PLEASE YOU" - **ABRAHAM HICKS**

NEW BELIEFS

YOUR NEW BELIEFS

WHAT DO YOU WANT TO BE TRUE? (INSTEAD OF THE OLD BELIEF)

| | | |
|---|---|---|
| 1 | 2 | 3 |
|---|---|---|

WHEN HAVE YOU ALREADY PROVEN THE NEW BELIEF TO BE TRUE?

| | | |
|---|---|---|
| 1 | 2 | 3 |
|---|---|---|

WHAT ACTIONS CAN YOU TAKE TO CONTINUE TO PROVE THAT THE NEW BELIEF IS TRUE?

| | | |
|---|---|---|
| 1 | 2 | 3 |
|---|---|---|

“PARADIGM IS A PART OF THE CONDITIONING OF THE MIND, OUR CONDITIONING THOUGHT PATTERNS. WHAT YOU THINK ABOUT, YOU BRING ABOUT.”

- BOB PROCTOR

I AM STATEMENT

Think of the type of person you would be if you live every day, as a person with these new beliefs
Because this is what you are going to be consciously doing from this day forward. Now create I AM
statements that are short and sweet i.e.:

"I am an inspirational champion"

"I am an unstoppable force"

"I am a powerful leader and creator"

I AM

I AM

I AM

Do this daily - These are your affirmations to repeat to yourself every single day.

Keep them beside your bed and say them to yourself with absolute conviction every night before
you sleep and every morning before you get up.

REPEAT REPEAT REPEAT until this is our new truth.

Then keep repeating anyway!

YOU WILL NEVER SPEAK TO ANYONE MORE THAN YOU SPEAK TO
YOURSELF IN YOUR HEAD.
BE KIND TO YOURSELF

WANT MORE

My dad, Greg Jelas, is holding a free 5 day live workshop online.

It's interactive and he takes you through key steps to reprogramming your mind.

go check it out and register for free at:

www.Gotit.co.nz



GREG JELAS
MINDSET CONSULTANT

FREE 5-DAY WORKSHOP

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Discover Why You May Feel Unsatisfied in Life and Learn How to Start Creating Your Reality Now!

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