

We live (unknowingly) in our subconscious most of the time. For example, we drive somewhere immersed in our thoughts and by the time we reach our destination, we realize we don't even remember the drive!

Bruce Lipton, the author of **Biology Of Belief**, said we live our lives like that 95% of the time, yikes! But there is a way to use our subconscious mind to change (not fake) our ways. Lipton says the subconscious mind is our HABIT mind

Things that are hard for you to do or follow through with or stick to are a RESULT of your “programming” (ages 1-7 is when we lay the groundwork), so your subconscious mind may not support that change, and you're fighting an uphill battle.

This is an important differentiator- you may be sabotaging yourself 95% of the time because you don't have the subconscious mindset to support what you want!

We need to understand our subconscious mind before we can change it. It's like a machine; it records, pushes a button, and plays back. It's not listening to you.

Your conscious mind LISTENS (yes, we can talk to it). It's creative, “I can do this instead!” while the subconscious mind is all about habit- and it's resistant.

Your subconscious mind is the REPETITIVE receptor, this is why affirmations and goals are so important! This is why we do goals in our own unique science-based way in our Take Back Your Life Journal! It's a repetitive but EFFECTIVE way to communicate to the subconscious mind and to HABITUATE the desired change.

This is how to BE it RATHER than fake it!

- 1. Decide** - 100% clarity with hot desire, otherwise? You're not in 100%.
- 2. Commitment** - You can't do 97%; you need to be ALL in. All in is the way to get the PRIZE.
- 3. Resolve** - Analyze your action plan, what's working, what's not, and adjust! Shampoo, rinse, repeat as much as necessary. IT'S NEVER one and done!
- 4. Belief check-up** - What limiting beliefs are standing in your way? CHALLENGE them! “My family has diabetes, so I'm next” change it to “I am healthy, determined, and on the path to creating the health I want”
- 5. Uncertainty happens** - No, we don't like it, but it's part of the equation. We don't control it, but we do control our actions and reactions! Focus and trust the process!
- 6. Elevate through gratitude** - This is why gratitude is the first thing in our Take Back Your Life Journal! This is the light in the darkness and the way to start noticing how truly blessed you really are!

7. Tend your garden - Your environment must be supportive: the food, the words, and the people you hang out with. Make sure it's tended to properly.

8. Visualize - SEE it, put it on a vision board, and think about it in your mind's eye as you drift off to sleep...

Faking it till you make it doesn't work. But being it till you see it by understanding your subconscious mind needs a little love? That's different! You become aware, you take more risks, and you somehow attract better outcomes. Don't believe me? Try it and see!!