

Success is deliberate, not shooting from the hip. It is all based on BELIEF, and that is what this week is all about.

As Wayne Dyer said, "The only limits you have are the ones you believe!"

Taken a step further, we actually have to feed this belief. Beliefs need reinforcement: daily reminders (continual thought patterns) and evidence (your reticular activating system does this automatically.)

This isn't earth-shattering news but getting to the place of allowing new and better beliefs means releasing old beliefs.

How do we do this? (Let's use "I can't lose weight" as an example!")

Question it. Is it true and accurate?

1. Where did it come from? Did you read it, try it, or consider the source?
2. Remove it. Tell yourself, "I choose not to believe this," and find supporting evidence.
3. Create new beliefs. Nature abhors a vacuum, so replace, don't erase.
4. Make it mindful - write, track, measure and evaluate.
5. Shampoo, rinse and repeat steps 1-5.
6. Visualize all of it with a Vibrant Vision board.
7. Declare it with positive "I am" affirmations.
8. Communicate to the community. Go a step further and find a Body Clutter Buddy.
9. Correct your environment - it influences everything. Congruency is critical.