

We talked about how the power of belief equals the power of your decisions. How often have you said "...but just this once?"

It is so easy to throw away our good decisions by telling ourselves that one little lie. Because let's be honest, once we open that "but just this once" door, it becomes so easy to let it happen over and over again.

Limiting beliefs limit our results.

How often have you said "Just let me do it" because you wanted something done properly? (GUILTY!!!) What if you started saying "I want it done excellently?"

Instead of teaching our children and family members *learned helplessness*, ("Don't bother trying because Mom wants it done HER way!") what if we raised our expectations and empowered them to seek excellence instead of perfection?

What if we stopped speaking words of discouragement, and started speaking life into each other? Stopped complaining and started finding joy and gratitude in our many blessings? Our tongues can build each other up or they can tear each other down. And not just other people- YOU!

Listen to the words you say to yourself- the things you say about your body, your finances, and your relationships.

AND YOUR ALIGNMENT ASSIGNMENT:

1. Get a blank piece of paper and divide it into four quadrants. In the first block, list your disempowering beliefs. In the second block, flip the script on those beliefs, and write an empowering statement to replace each one.
2. In the third block, write down how each of those disempowering statements makes you feel, not only in the moment but also relative to your life. In the last block, write down how you want to feel instead.

Try this week to use your empowering statements, and to focus on how you want to feel. When you feel the old negative beliefs sneaking into your thoughts, stop and repeat your empowering statements to yourself. Keep saying them until you believe them!

<p>List your disempowering beliefs:</p> <p>eg: I can't lose weight no matter what I try.</p>	<p>Rewrite your beliefs to empower you</p> <p>eg: I am losing twice the weight in half the time</p>
<p>How do these disempowering beliefs make you feel?</p> <p>eg: hopeless, like a failure, sad</p>	<p>How do you want to feel instead?</p> <p>eg: energetic, vibrant, optimistic, strong</p>