

Belief Change

*When you keep repeating the same
behavior, there is a way out....*



B E L I E F C H A N G E

There are a lot of voices inside of us. We have the voices of our parents, our grandparents, our society, our bosses, our own should's and shouldn'ts, and our self-worth is in us, controlling us a lot. When we can get past all of those, and get to the deep, core part of us, there's a voice within our soul that I believe is connected to our Divine or Higher Self. That voice within is there to guide us through all aspects of our lives.

Echo Bodine

Belief Change Process

Here is your 4 step deep dive process to understand the origins of your beliefs and give you an opportunity to let them go.

Set aside the time and space to do this work so you can get the best result possible.

The first step to massive change is when we acknowledge that it is time to change.

B E L I E F C H A N G E

Deep Belief Change Model

IDENTIFY

Think of your limiting belief around that causes contraction, i.e. it makes you retreat and feel small. **Make it specific.**

Write down a number from 1-10 on how bad this belief makes you feel

1= makes me feel DREADFUL

10= makes me feel GREAT

Your score_____

When did this limiting belief first appear? Try to find the earliest time you experienced this.

Can you describe how this belief makes you feel?

How does it affect your thoughts/behaviour/actions?

Is there another level of belief that causes you to have this feeling? Ask yourself if there is something else you need to be aware of.

Is there another level beyond that....and beyond that?

(note: For quick results, you want to address the deeper level beliefs. Limiting beliefs become stagnant energy and you may recognise one that resurfaces at a later time in a different way.)

B E L I E F C H A N G E

ACKNOWLEDGE

Acknowledge the feeling held by the limiting belief and the impact it is having on you.

What do you need to give to yourself that is currently being ignored and is enabling you to perpetuate this belief?

What unhelpful thoughts and behaviours are playing out that are attached to this limiting belief?

Acknowledge that you are NOT your belief. Write a statement below or in your journal.

B E L I E F C H A N G E

REDEFINE

Find new (higher self) perspective/s that will override the old belief. Connect with your higher self. Take a deep breath in and invite the BEST, HIGHER version of you to come through right now.

Ask your higher self to tell you why this OLD belief may NOT be true.

How does my higher self see this OLD belief?

Where is there evidence in the world that the opposite of this is true?

Consider your responses here from the position of a loving, caring parent when redefining. You can place your hands on your heart.

Understand that you are fully supported always in ways you cannot understand.

Design a **powerful statement** around this from the perspective of your higher self:

I am.....

I believe.....

The Higher Self is whispering to you softly in the silence between your thoughts.

.....Deepak Chopra

B E L I E F C H A N G E

EMBODY Your New Belief

Why is (new belief) true?

How can I demonstrate this NEW belief in my actions?

What behaviours need to change in order to support this new belief?

Where do I need to strengthen/soften my boundaries in order to embody this new belief?

How will this change my thoughts, behaviours and actions in a positive way?

What new things will this new energy bring to my world? Allow yourself to truly FEEL all the good feelings....

Now do the exercise again—on a scale of 1-10, how are you feeling ***right now?***

1= I feel DREADFUL

10= I feel GREAT

Has the score changed?

Drop me an email and tell me how you get on!
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