



BELIEFS

I know that there have been times that you have held all three beliefs (champion/ middle/ bottom). The point is that you now get to choose your beliefs based on all your new knowledge. You will find that when you struggle with action and implementing a *New You* or *Greatest Version of You* , it is because an *Old You* belief has popped up. Go to your beliefs in your MO W. I asked you for four of them, Global Empowering, Personal Empowering, Global Disempowering, and Personal Disempowering. (Download the “Examples of Beliefs” document for some samples of client MOW beliefs that I have compiled.)

I have asserted throughout this work that evidence does not create beliefs. What evidence of your empowerment have you diminished in your past? Dig deep, list this evidence here now:

How can you embrace that evidence now? Do you embrace that evidence now? What do you need to think, feel, believe, focus on... to allow you to really begin to rewrite your life and own it? (Remember, you can *never* hope for evidence first, and then the belief is formed – you must believe... and then the evidence appears! It is a Law! That is why many lottery winners lose all their money. They must believe first for the evidence that they are wealthy to be real. Having money without the belief is fatal for most.)

First, as the *New You*, look at your old beliefs in the MO W. Look at the verbs, adjectives, and adverbs. Look at how you made your disempowering words more powerful and definitive, and



your empowering one less-than. In the left column write the verbs, adjectives, and adverbs that you used. In the right column, weaken the disempowering words **and** strengthen the empowering ones.

Empowering

1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

Disempowering

1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

How does that feel?

Remember – constantly be noticing, reviewing, and updating your beliefs. Notice other people’s beliefs. You get what you focus on. By beginning to consciously choose and change your fundamental beliefs, you will begin to change the quality of your life!

Now, as the *Greatest Version of You*, rework your beliefs. Really dig deep into what empowers the *Greatest Version of You*! The GVOY will have disempowering beliefs, too, so be real with it. Write them now:

Empowering Beliefs (As a minimum, your top five, in priority order):

1. _____

2. _____

3. _____



4. _____

5. _____

Personal Empowering Beliefs (As a minimum, your top five, in priority order):

1. _____

2. _____

3. _____

4. _____

5. _____

Global Disempowering (As a minimum, your top five, in priority order):

1. _____

2. _____

3. _____

4. _____

5. _____

Personal Disempowering (As a minimum, your top five, in priority order):



1. _____

2. _____

3. _____

4. _____

5. _____

How does that feel? Did you gain more strength and power? Is the authentic, ***Greatest Version of You*** beginning to emerge? Or does it seem hard for you?

Really make these 20 guiding beliefs the Real You!