



Quantum Reframing... (really understanding glass half-empty or half-full) If you struggle with “abandonment” and you now fear “loss,” thus, all your strategies are “please love me, don’t leave me,” ... Were you abandoned, or were you set free? Now what does that new truth mean for your strategies? You’re free!

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Last, think of an area that is authentically – and to this day as the *Old You* – still half-empty. Why is it half-empty? Why have you not been able to get out of that place? What is holding you back?

1. Now, take these questions and deeply ponder the shift and why. Reframe them as one issue as the *New You*. It would take the form of “Wow, look at how they are really half-full!” Own that, it is because of *New You*, not a change in evidence or data points. How it moved from half-empty to half-full is because of *New You*! Why it was stuck at half-empty is because of *Old You*! Enhance what you say, think, feel, focus on about this challenge. 2. What **beliefs** must change in order for the *New You* to take this area significantly to half-full?



Do you feel authentic potentiality beginning to form underneath your reality? The evidence never creates the belief – and this is just one more real tool that proves it!