



## MYTH #5: THE ROGUE PROGRAM

What are the “Twinkies” that you eat to keep you stuck in the unwanted state?

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Client: I’m afraid to fail. Me: Sometimes, it is not the “big” fear of failure, you need to know the one line of corrupted code. It’s not a fear of failure, it’s a fear of your ability to predict the outcomes. You’d rather be in a kingdom that you don’t want but can control and predict, than in a kingdom that you want, but can’t predict or control...

- Facebook, October 28, 2010

What are the new, healthy “carrots” that you wish to eat (even though at first they may be psychologically difficult) that will create your new, powerful state that you hunger for?

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What are your deepest desires? To be thin – to be rich – to find the perfect soul partner – to have children – to change your job – to start your own business? Dream here....

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What programs are attached to these dreams that you now realize not only “allow” you to stay in the opposite state (fat, poor, unloved, childless, bored job, etc.) but also positively reinforce your “eating” as you search for your “perfect diet”? (These are your “rogue” programs. As we continue to develop new content, and you journal deeply on why you are who you are, these concepts will really come together in later sections.)

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