

Reprogramming & Replacing Internal Self Belief Codes

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Content

- My Story
- What we are aiming for
- Ingredients for Success
- The 'F' word
- Our Thought Processes
- The Impact of our Conditioning
- Retraining our Thoughts, Decision Making and Actions

Who Am I....



Which one are you aiming for?



Are you Aiming for AWESOME or are you Conditioned for Average?

The 3 x Must-Have's for Success

VISUALISATION
&
CLARITY

+

MASTERING
YOUR
FEARS

+

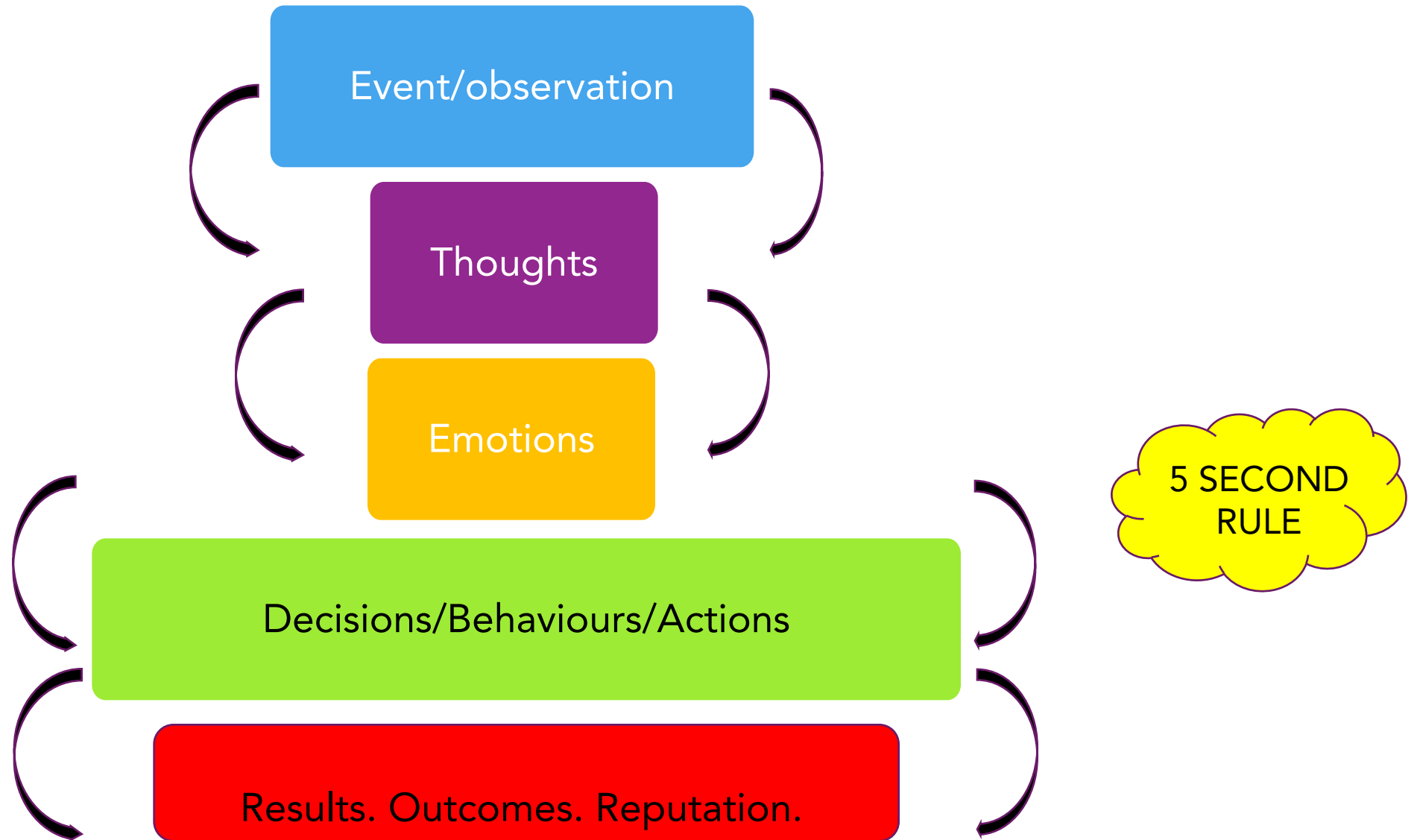
CELEBRATING
YOUR
SMALL WINS

The 'F' word

- ❑ **Fear of Failure?**
- ❑ **Fear of Judgement?**
- ❑ **Fear of Change?**
- ❑ **Fear of Rejection?**
- ❑ **Fear of Success?**

- * Flight or Fight Principles – You are not in a cave.....
- * No one is going to EAT you!

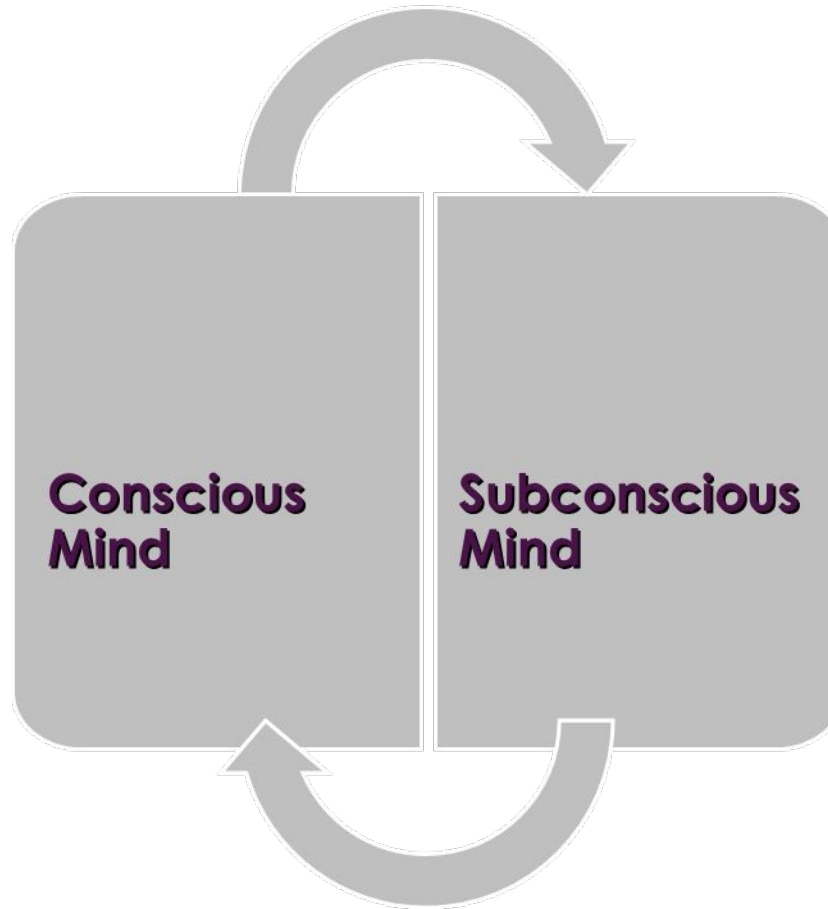
The Work-ing Mind



The Conscious & Subconscious Minds

DESKTOP

- Day to Day Logic
- Decisions
- Analysis
- Conclusions
- Expression



CENTRAL PROCESSING UNIT

- Beliefs on Self Worth & Self Value
- Confidence
- Long term Emotional Memory
- Unconscious Biases
- Views on Abundance
- Integrity levels
- Views on Right & Wrong
- Ego & Sense of Entitlement



CORE EMOTIONS

- ANGER
- FEAR
- SADNESS
- DISGUST

- SURPRISE
- ANTICIPATION
- TRUST
- JOY

WHY though?

- !
- Emotions are triggers and clues that enable you to uncover what the self beliefs are in your subconscious mind. What triggers an emotion in you may not trigger an emotion in another.

FEEL-ING

IDENTIFY-ING

UNDERSTAND-ING

EXPRESS-ING

QUALITY ASSURING THOUGHTS, RESPONSES, CONCLUSIONS AND DECISIONS

- Step 1: Can I validate my thoughts?
- Step 2: How healthy are my thoughts?
- Step 3: Are my thoughts serving me and those around me?
Will they serve my future?
- Step 4: Practice perspective swaps!



Thank You!

- For any further guidance or if you would like to share any feedback with me, drop me a message via Linked In, Instagram or Facebook

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