

Subconscious Beliefs

Did you know that you can have a certain belief and at the same time a totally *opposite* subconscious belief?

For example you can believe consciously that having more money would be a good thing, but be unaware that you have the subconscious belief that people with money are evil. You can have the conscious belief that living in a thin healthy body is something you really want, but be unaware that you have the subconscious belief that a thin attractive body will open you up to being hurt by others.



Most people don't realize this HUGE FACTOR IN SUCCESS because of the invisibility of their subconscious beliefs. By definition, these beliefs are "below-awareness" so you CAN'T see them. You can only see the results of them in your life!

Remember this simple fact: **If your conscious belief and subconscious belief differ, your behavior will always go toward your subconscious belief** and you will be frustrated with this part of your life. You'll also keep blaming yourself, rather than your subconscious beliefs because you can't "see" the subconscious belief.

This painful truth is the reason so many people try to lose weight and find failure and self-blame the only result of their efforts!

How do you succeed?

Step #1: Realize you have subconscious beliefs that you are NOT aware of.

Step #2: Learn how these beliefs came about so you can identify if you have them.

Step #3: Learn the tools and skills to change them and move forward knowing they are not YOUR beliefs, which disempowers their ability to control what you choose to do.

This is what we'll be doing together!