

# The most important Belief you have

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Now that you understand the power of your beliefs, let's focus on the belief that **100% totally determines your potential**:

## *What you believe is possible for you*



This belief starts off primarily given to us by the adults in our lives and our observation of others around us. If you grew up in a family with an uncle and a father who were business owners, you'd adopt the belief that owning your own business is very possible. However, if you grew up in a family where everyone worked for the factory, you would adopt the belief that owning your own business would be difficult or too risky. As you listened to and watched your parents and family and observed what they believed possible for them, you automatically associated those beliefs as yours because that's how you developed your reality at a young age—from what you witnessed and what you were told.

## **Reinforcement of what you believe is possible for you**

Young adults go off into the world with the beliefs they learned from their parents or other influential adults. Their new environment outside the home stimulates them to formulate new potentials for themselves. For example, one might believe that they are more a follower than leader but are coaxed into running for class president. If they lose, they will see it as proof that their core belief was correct rather than it was just a lack of planning or getting themselves out there enough to get elected. Later in life they might do well at work and get promoted to a management position, but their inner belief that they are more a follower and not a leader kicks in and they struggle in the position. Not because they don't have the ability to be a great manager, but because they continue to act like a follower and thus fail in their job duties as a manager.

## **Cycle of failure**

The cycle of failure is the reinforcement of one's belief that they can't do something. It comes from the fact that when we fear failure we don't put forth our best effort because we are

innerly expecting failure. Working really hard at something and investing yourself heavily and failing hurts! Investing a small effort and failing isn't nearly as painful. And you have the added benefit of blaming lack of time or some other external factor on your failure rather than your efforts. This protects you from the pain of failure, but it also ensures you will fail!

(This common behavior is rampant in weight loss!)

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### Do you believe you can do it?

What you believe you can do is predicated on what you believe is possible for you. You would not believe you could fly because you know that it is not possible for human beings to fly. If you believe that becoming president of the United States is not possible for you, you would believe you would fail if you tried to become president of the United States. If you believe that being a thin person is not possible for you, then you will automatically believe you could not develop the eating and exercise habits and attitudes that healthy-weight people have.

Many people get this belief mixed up. They THINK they believe they can become thin, but their inner belief of what is possible for them is what they have been programmed to believe from their past environment and experiences. What you believe at the automatic subconscious level is what guides what you believe you can do. You can fake yourself and others out all day long, but **it's your subconscious programming of your identity that guides what you believe you can and cannot accomplish.**

A baby eagle grew up in a chicken coop and thus learned to believe that he was a chicken. Later on in life another eagle showed up at the chicken coop and invited the eagle to go flying with him. The eagle who believed he was a chicken said, "Thank you for the invitation, but I can't fly." The other eagle said, "why not?" "Because I am a chicken, and chickens can't fly!"

### Getting past your most limiting belief

**99% of people take their thoughts as reality-the truth.** The eagle grew up in an environment with other chickens so that's who he *believed* he was. The eagle would bet his life on his thought that he could not fly because he believed his thought to be his reality-the truth! Just like YOUR thoughts are your reality whether they are true or not.

Just like the eagle, you have the potential to fly. It's a lie that people who succeed in life had better breaks, better genetics, better luck or better anything! All they have is what is free to anyone—better thoughts!

Every day the eagle saw “proof” that he was a chicken. Every time you went on a diet and failed you “proved” your thought of your own identity. Every time you look in the mirror, you see who you believe you are.

After a few years of living like a chicken, the eagle deeply believed he WAS a chicken. After a few years of living like an overweight person, you’ve developed a similar deep belief!

Being aware of this is the first step to rejecting it! If you were to tell the eagle he was not a chicken but actually an eagle and could fly, he would show you all the proof of how he’s lived his life as a chicken to prove he’s a chicken! People do the same thing---look at their past as proof to define who they are and thus their future potential.

*Only until you see yourself as an EAGLE, will you be able to fly like one!*

To see yourself as a thin healthy person, you have to reject the proof you have experienced that causes your current belief in who you are. You CAN enjoy eating light and healthy and you CAN develop a love for daily exercise. Proof of this is that others are doing it. They are no different than you. They are eagles and they are flying. You are an eagle and you can choose to fly too. All it takes is an understanding that you have been living in a chicken coop up to this point and proving to yourself day after day that you were just a chicken. Seeing this opens up your ability to be able to reject your past self-definition and move on with your life knowing you are not a chicken and really an eagle and fly like one!



## **YOUR ASSIGNMENT:**

This may be one of the most emotional things you’ve done in a while. If you do this with sincerity, you will likely break down emotionally. The more you feel and release these emotions the better! The higher the level of emotion, the greater the impact on your subconscious and the less likely you will forget and more your brain will be reprogrammed. Let the emotions flow and let them grow!

You’ll want to do this in an environment where no one is around so you don’t feel self-conscious that someone might hear you. You might need to sneak home from work early, or find a way to have the house to yourself.

Take your laptop into the bathroom or bedroom and stand in front of a full length or large mirror so you can see most of your body. Lock the door. Sit down and calm yourself for a few seconds then remove your clothes to your underwear and start this audio:

<http://not-your-fault-weight-loss.net/audio/?id=26>

(link in e-mail)

*“Please close your eyes and relax your body. Take a deep breath in and let it out and feel your body relax as you exhale. Take another deep breath in and exhale and feel your body relax even further.*

*Say your date of birth. (pause) You were born. On that day you entered the world with the same potential as any other baby born on that day or any day. As you grew up you were taught what to think, what to believe and what was possible. This became YOUR reality and you lived your life by it.*

*Your true potential has never changed. It was there when you were born and will be there until the day you leave this world. Your true potential has nothing to do with what others taught you to believe. Your true potential is in who you REALLY are. If you think your Mom and Dad made you, you’re making a very common mistake. God made you. From the time your father’s sperm connected with your mother’s egg, God took over. Your Mom and Dad tried to do their best to raise you, but they only knew how to raise you based on how they were raised.*

*Nothing in the universe is as complex as you. Nothing made with human hands is even remotely as complex as just one of your eyes. When you were being created in the womb, miracles were happening every day. A million optic nerve endings left the optic nerve center of your brain headed to find a million optic nerves that left your eye. To have sight, they must find and match their exact partner. One million looking for one million!*

*God created the animals but wanted a being like him. So he created you. God says that he created us in HIS likeness and image. Meaning unlike animals we can create our world and direct our lives with our will. Your potential is unlimited! You have the inherited in-born power to absolutely direct your life.*

*Now open your eyes and see that person in the mirror. What you see is the result of living years believing only this was possible for you.*

*Now is the time to reject that lie and allow the truth to be set free in your life!*

*Say right now out loud: I reject this lie! I am more than this!*

*I was created to be a thin healthy person.*

*God created me to be a thin healthy person*

*God created me to live my life in a healthy body*

*I reject any excuses*

*I will live my life on purpose from this day forward*

*My body is under my control*

*My life is under my control*

*This I will believe from this day forward*

*My body is under my control*

*My life is under my control*

*This I believe!*

*This I do believe!*

*Now close your eyes and visualize the thin healthy body that God created you to have.*

*Now see the fat on your body as all the lies of the past that you were taught by others and yourself to believe.*

*I Reject that fat!*

*I Reject those lies!*

*I will not waste another day of my life believing in lies!*

*I believe that underneath the layer of lies is the beautiful perfect healthy creation God made me to be!*

*I promise my God I will live in the truth this day forward*

*I will live in the truth from this day forward*

*I will live in the truth*

*Now kneel down and feel the presence of God surround you.*

*Let yourself go.*

*Let yourself go.*

*Let yourself go.*