

Reprogramming Your RAS



Change Your Thinking Change your Outcomes

We mentioned in the last workbook that there are three things we can do to break patterns from the past :

- Clean the lense - identify and reprogram beliefs
- Getting the learnings from the challenges we have experienced in our life
- Install a new picture of how we want life to look so that we keep sending the unconscious mind a visual of what it needs to search for in life

and you identified what your limiting beliefs are, and looked at the learnings the challenges in your life have been their to teach you.

In this workbook we are going to look at one way to start to reprogram those limiting beliefs that are holding you back in your career.

Reframe Your Thoughts

The conversations you have with yourself are some of the most important ones you'll ever have!

One of the easiest ways to eliminate your limiting beliefs is to reframe your thoughts.

Consider, how would you give feedback to someone else in a way to help them improve if they had the same limiting belief as you?

For example, rather than saying: "I'm not clever enough to get a job like that" what message could you send to your unconscious mind instead?

What's your new message you'd like to program into your unconscious mind???

.....

.....

.....

Remember, your unconscious mind doesn't evaluate the message it receives, it simply accepts them all as facts!

Changing your thoughts

Will change how you feel

This changes your behaviour

And delivers new outcomes

Question Your Beliefs

Go back and review the list of limiting beliefs that you identified in the last workbook and write down you most dominating limiting belief here:

.....
.....

Now ask yourself these questions:

1 When you have this belief what behaviours would you logically follow?

.....
.....

2. Could this belief logically hold you back from building your career?

.....

3. Do you really and truly believe it?

.....

4. What evidence do you have that gives you 100% certainty that it's true?

.....

5. What are your earliest memories or experiences that have led to you forming that belief?

.....
.....

6. Given the same experiences or memories do you think anyone else would think the same way if the same thing happened?

.....

7. Can you see that the evidence seems to justify the interpretation?

.....
.....

8. Can you see that there could also be other possible interpretations?

.....
.....

9. List 5 other possible interpretations (they must be valid and possible):

- 1.
- 2.
- 3.
- 4.
- 5.

10. Now acknowledge the fact that the belief that was formed was in fact just ONE logical interpretation, not THE interpretation.

.....
.....

Embedding Empowering Beliefs

1. Think of a career goal you want to achieve. As the creator of your life, and your career, what is possible for you?

.....

.....

2. What is a new belief you can create that's going to contribute to your career success?

.....

.....

3. Create a mental movie of how you picture that goal/situation ideally turning out. Notice the sounds, conversations, visuals and details. Replay it often in your head.



4. What actions can you start to take to put that belief into reality, to take it from the meta physical and put it into the physical?

ie. program that belief into your schedule to remind yourself of it during the day

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....