



## **Mindset + Belief**

### **Belief Shifting Exercise**

Exercise for 5 areas of your life: You, Money, Business, Body, and Spirituality

**Step One:** Write down the top 3 beliefs you have told yourself in the past in this area. It will be the first 3 that come to mind and are important. Even if you try to fight it ... go with the first 3. Just let them all flow and write them down until they are all out. Don't over-think it.

**Step Two:** When was the first time you had this belief? Think way back – maybe even your childhood. Since then you would have done everything you can unconsciously to make that belief true to you. We can shift that to a new belief.

**Step Three:** Is this FACT or STORY?

**Step Four:** Whether you believe it or not you have already taken some action in your life to prove your negative belief to be false. However, we choose not to see it. In this step I want you to search for proof that you have in fact done the opposite of this belief at least once before.

**Step Five:** What would you LIKE to be true? This is where you replace that belief with one that DOES serve you. Then you can make the new belief your new truth.

**Step Six:** Without realising it you would have, at some point, already proven your new belief true. Write down in the box at least one example of when you have already made this new belief true.

**Step Seven:** Now that you know what you want ... what actions can you take that would PROVE to you that the new belief is true?



**Belief Shifting Exercise – You, Money, Business, Body and Spirituality**

Your Current Beliefs			
	Belief #1	Belief #2	Belief #3
What is your belief?			
When was the first time you had that belief?			
Is the belief TRUE or is it a STORY?			
Give an example proving this belief to be UN-true.			

# Shasta TOWNSEND

Your New Beliefs			
	Belief #1	Belief #2	Belief #3
What do you want to be true? (Instead of old belief)			
When have you already proven the new belief to be true?			
What actions can you take to continue to prove that the new belief is true?			



## **Affirmations for Your New Life**

Think of the type of person you would be if you live every day, as a person with these new beliefs .... Because this is what you are going to be consciously doing from this day forward. Now create I AM statements that are short and sweet i.e.:

“I am an inspirational champion”

“I am an unstoppable force”

“I am a powerful leader and creator”

I AM \_\_\_\_\_

I AM \_\_\_\_\_

I AM \_\_\_\_\_

Do this daily - These are your affirmations to repeat to yourself every single day.

Keep them beside your bed and say them to yourself with absolute conviction every night before you sleep and every morning before you get up.

REPEAT REPEAT REPEAT until this is our new truth.

Then keep repeating anyway!



## **Staying on track and inspired...**

### **Ask Yourself These Questions**

1. What were you most thankful for today?

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2. What were you good at today?

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3. What made you proud of yourself today?

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4. What did you learn today?

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5. What was the best part of today?

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