

Empowered Living Program



Beliefs and Fears

Frequently, we reformulate what other people say – the beliefs they sell – into the conclusions or beliefs about ourselves.

Write down 2 beliefs you have about yourself that may stem from your childhood.

1. _____

2. _____

Fear is not a real thing. It is a result of our beliefs. Fear often arises when change appears in our life, whether positive or negative. It is important to recognize that fear is just a reaction, and then let it go.

Write down 2 fears you have that may be holding you back from accomplishing something.

1. _____

2. _____

If you were not afraid what would you do today that you would not otherwise do?

1. _____

2. _____

3. _____



Gratitude

A personality trait that people clearly display when they become happier and more empowered is their unending sense of gratitude.

When we are happy we are truly grateful. The reverse also holds true.

When we are grateful, we are truly happy.

Use this page as a gratitude journal. Every day this week write down at least three things that you are grateful for.

MONDAY: _____

TUESDAY: _____

WEDNESDAY: _____

THURSDAY: _____

FRIDAY: _____

SATURDAY: _____

SUNDAY: _____



Think yourself thin

Tap into your subconscious to keep new year's diet resolutions on track.

BY JUDY ZERAFA

Did you make a new year's resolution to lose weight, but have already fallen off the wagon? Well, many people find that goals fall short because they call on their willpower to overcome self-defeating behaviours. Willpower is a function of the conscious mind. Behaviour patterns (such as habits) are functions of the subconscious mind. The power of the subconscious is far greater than that of the conscious mind.

Success in overcoming self-defeating behaviour, particularly those related to finances, relationships and weight loss, is almost guaranteed when you understand how the subconscious mind becomes programmed. The primary responsibility of the subconscious mind is to keep us acting with the images we have developed of ourselves. These images are created very specifically by our thoughts, feelings, and beliefs in what others say about us.

All thoughts about ourselves are processed in the conscious mind as words. These words are sent on electronic impulse to the subconscious mind where they are translated into an image and then stored. Each time we have an identical thought to one we've had before, the image of that thought is stored as an overlay to the original. These overlays create a 3-D image which, in turn, produces a habit.

The subconscious mind gives attention to images with the greatest number of overlays. For example, if you routinely think of yourself as being overweight or accept comments from

others regarding being overweight, your subconscious mind has a substantial "stack" of overlays to the image of you with a weight issue.

So if you choose a diet for your resolution, call on your willpower to make it work. Your subconscious will see you act outside the overweight image. It goes to work and does what it has to do, such as throwing hunger pains at you. If that doesn't get you back to your overweight behaviour, the subconscious becomes more creative. It unleashes cravings; it turns down your metabolism. As long as you have that image of yourself as overweight, dieting could be a struggle.

Until the self-defeating images within the subconscious mind are replaced with self-enhancing ones, a well-developed habit you don't like can stick around forever, keeping you from accomplishing what you want to accomplish. ♡

REFERENCES

Judy Zerafa, *Seven Keys to Success Life Program - Workbook* and *The Simple Easy Diet*.

