

Module One

Hi, I'm Steve G. Jones, Clinical Hypnotherapist, and I want to tell you a little bit about myself before we get started. I have a Bachelor's Degree in Psychology from the University of Florida, a Master's Degree in Education from Armstrong Atlantic State University, and a Doctorate in Education from Georgia Southern University.

I'm a Certified Clinical Hypnotherapist, a member of both the American Board of Hypnotherapy and the National Guild of Hypnotists; and I'm President of the National Association of Hypnotists.

I'm the director of the Steve G. Jones School of Clinical Hypnotherapy. I also serve on the Board of Directors of the American Lung Association in Los Angeles. I have over two decades of experience in hypnotherapy, and I still maintain a busy practice and teaching schedule, because I see clients and teach classes worldwide.

My client base consists mainly of people who want to lose weight, stop smoking, or gain confidence. Other clients include sales teams interested in boosting motivation and increasing income; also, singles looking for love, insomniacs desiring proper sleep, and actors desiring more confidence for their audition.

When I travel to see clients and teach hypnotherapy certification classes around the world, I visit such places as Tokyo, Japan; Barcelona, Spain; Paris, France; London, England; Montreal, Canada; Los Angeles, California; and New York, just to name a few. By the way, since you have an interest in hypnosis, perhaps you'd like to become a Certified Clinical Hypnotherapist. It's very easy to do.

All you have to do is go to my website, betterlivingwithhypnosis.com, and click on Hypnosis Classes at the top. You can either train in person or online. After your training, you'll be added to our worldwide directory of Certified Clinical Hypnotherapists, and you'll receive a certificate.

I was fortunate for many years to have my office in Beverly Hills, California, where I worked for such wonderful people as Tom Ankwil, the writer of Superman; Geraldine Saunders, the writer of The Love Boat; and many other celebrities. I have interviewed on CNN, Fox News, and have appeared on TruTV, in addition to having my own hypnosis TV show.

With my over 20 years of experience, I am happy to share with you techniques that I have developed and learned which can help you improve your life. I encourage you to visit my website, betterlivingwithhypnosis.com.

There you will find my life's work. Twenty-two books on hypnotherapy, over 3,000 hypnosis recordings, available as downloadable mp3s or CDs, and these recordings will program your mind to achieve goals in such areas as weight loss, motivation, and stopping smoking. I also have audio books, such as this one, where I'm talking with you and sharing with you, in a very dynamic way, techniques you can use to improve your life and the way you do things.

The reason I'm telling you all this is not to impress you, but to impress upon you that I, your teacher, am very capable, and I know what I'm talking about. I'm also very happy for the opportunity to share this information with you.

So rest assured that you are in good hands, and let's have some fun as we now expand your knowledge. I wish you well in all of your endeavors, and please be sure to visit my website, betterlivingwithhypnosis.com. Welcome to the program that's going to help you and your limiting beliefs. Once and for all, get rid of them! Get them behind you.

Let's face it, without confidence, it's really difficult to do anything. If you don't feel that there's gravity working, then you're going to have a lot of challenge getting out of bed in the morning, because of not trusting gravity. Or if you don't trust that the floor is solid, then you're also going to have a challenge getting out of bed in the morning.

So, without confidence, a basic level of confidence, it's really difficult to do anything; but with confidence, you can achieve anything. So this program is about ending your limiting beliefs, the beliefs that have been holding you back, so that you can accomplish your dreams, your goals, your desires. You can get out of life what you want.

This module is called, Day One: Preparing yourself to change limiting beliefs. I want to set the groundwork in this module for you to get ready to make some massive changes in your life. You may wonder, "How does Steve G. Jones know about this?" How do I know? What makes me such an expert in ending limiting beliefs?

Well I want to tell you that I come from a fairly rough background. My mother died when I was 6 years old. Her goal in life, her dream at the end was to see my 6th birthday, and two days later she passed away. She died of leukemia. My father was an alcoholic, and, to put it mildly, we didn't really get along very well when I was a kid.

My stepmother came in when I was 10 years old and she really had a rough job. She had to step in and fill the shoes of my mother. Do her job, essentially. Raising me, along with my father, and there was a lot of resentment there. So we had a bit of struggle, and I eventually got sent to military school in my teen years because my parents just didn't know how to deal with me.

But beyond all of that, I was raised with some really limiting beliefs. My father was born in 1925, so a lot of what he was raised with was depression mentality. You know, the Great Depression, the economic disaster.

He was raised in a world that was doing its best to recover from economic chaos, and a lot of limiting beliefs came as a result of that. People talked about the end possibly happening again. Of course it wasn't the end, but it was disastrous financially.

That's the type of language that was going on at that time when my father was a child. As a result, he developed a mentality about saving things, reusing things, which got a little bit carried away.

For example, we had to reuse the same napkin until it literally fell apart! My pants were high waters. You know, pants that are too short. They were too short because I wore them too long! I would have to keep my pants until they literally fell apart.

So I would have pants one year, in school, the next year I would have the same pants and by that time, they were about two inches too short, and they were very tight, because I had grown. In addition to that, I carried a metal lunch box, and the metal lunch box would scrape against my pants, fraying one side of my pants.

That's just pants! I also had to wear the least expensive shoes, and they said on the back, "Jeepers", J-E-E-P-E-R-S, I believe it was. Kids would make fun of me because there was a song, based on an older song, that the company would like to use. "Jeepers, Creepers, where'd you get those Jeepers?"

So they had taken an earlier song, and turned it into their company song, and kids could see this on TV. They knew that Jeepers were inexpensive shoes, and so they would taunt me by singing the song.

Needless to say, with all of that, I grew up with limiting beliefs. Thinking that resources were limited. Thinking that the universe was limited. Thinking that you needed to be scared, because at any time, economic chaos could happen.

Now some really good things did come out of that. For example, my father had me create a savings account, and he would let me put my allowance in the savings account. I think I got maybe a dollar a week or something like that, and I would put it in the savings account. He would show me how my savings had grown, and he would explain interest.

That caused a great habit with me, which is, saving money, which I still do; but, a lot of the negative part of it I had to work on with hypnotherapy, and I had to work on using the technology that I'm going to share with you in this program.

I had to get that out of my head, because let's face it. If you want to be wealthy, if you want to be rich, if you want to have access to unlimited income, you've got to believe in that. You've got to believe that the universe will provide abundance, and I was raised with anything but an abundance mentality.

I was raised with the idea that sprung from the Great Depression, which was that resources are limited. You've got to hoard all your resources, because you never know when the sky is going to fall. So I had to work on myself. Because I was so successful in working on myself, I now have the technology to help you.

By the way, I think the graduation date for me, the day when I realized that I really made it, was when I was on the show, "Millionaire Matchmaker", as one of the millionaires. I had made it, and the whole world could see it.

That, for me, was a wonderful moment, because it showed me that I had finally overcome those limiting beliefs. I was now accepted as a legitimate millionaire. A lot of people claim to be millionaires, but very few have been on a show where they check your financial records to verify that you are a millionaire.

I was honored to be part of that, but for me, it went beyond the bragging rights, and it went into the concept of, "Yes! I have overcome my limiting beliefs. I have built my wealth up sufficiently to the level where I am a millionaire." I am happy to share this technology with you, and in this module, we're going to talking about setting the groundwork, preparing you to change your limiting beliefs.

Let's look at a belief. What is a belief? It's a feeling that something is true. Beliefs are not always true, though. Regardless of that, your subconscious mind doesn't understand the concept of "true" and "not true". It just understands what you put in it. Hopefully you have some sort of limiting story that parallels mine, that you will also breakthrough in this program.

In my story, although it wasn't true, that the universe was limited; although it wasn't true that you must use the same napkin until it falls apart; although it wasn't true that you have to wear the same pants until they fall apart, because the universe lacks abundance; although none of that was true, my subconscious mind accepted it as truth.

Because your subconscious mind doesn't care whether something's true or not. So, there's a good chance that you have limiting beliefs in your subconscious mind that aren't true, but they're true for you, and since they're subconscious, you're not aware of them. You don't even realize that they are there.

They're operating all the time without you knowing it. You may see signs and symptoms of those beliefs that you have, but it's not as if you have a list of them in front of you all the time. They're working behind the scenes, directing your life, and we need to get rid of them.

How do you identify limiting beliefs? Before you can think about changing your beliefs, you have to identify them. This can easily be done by looking at your situation and pinpointing challenges. You should ask yourself what you're doing or thinking to make things this way.

For example, are you unhappy with your job or career, yet you continue to do nothing about it? Ask yourself what holds you back from improving this. The answers will identify your limiting beliefs about the issues. A lot of people talk about change. Very few people do it. Why is that?

It's because of limiting beliefs. You've got to expose them and bring them to the surface if you want to remove them. Let's talk about getting to the chains that are attached to these limiting beliefs. The belief is only the challenge, not the source. Picture each limiting belief as a chain connecting you to the ground. If that doesn't put it in negative terms and make you want to get rid of it, I don't know what will.

You can't go anywhere with these chains holding you in place, but when they're removed, you'll be able to reach the sky. How do we reveal these chains? To get to them, you're going to need to become a self-detective. Ask yourself, "Why do I have this belief?" The answer will be the chains. Isn't that interesting? You have to become like a three-year-old, asking multiple "Why?" questions.

A great way to map out your progress is by writing down the beliefs, and then write the reason why you have that limiting belief. All right. It's time to do an exercise, if you're able to. If not, just go through it mentally and do it later with pen and paper. I want you to write it out, because that way you're fully involved.

By the way, in talking to a medical professional recently, I was able to verify this. When you write something out, you involve everything. You involve the kinesthetic sense, you involve sight because you're seeing yourself writing it out, and you say it to yourself in your subconscious mind when you look at it, so you involve the auditory sense.

So you're involving kinesthetic, visual, and auditory senses all at the same time. First, it's important to identify something that you want to do, because I need you to reveal beliefs that you have about something. Think about something that you want to do, a high and lofty goal in your mind that you consider to be difficult to get to.

For me, it was getting my doctorate, which I now have. For a long time, it seemed like something that was out of my reach, so I had to do this exercise for that. For you, it could be anything.

Perhaps it's being a millionaire or billionaire, owning a yacht, being a loving person, having an abundance of friends -- whatever your goal is, whatever you consider to be out of your reach, and remember, we're talking about limiting beliefs, so pick one that you consider to be difficult or completely unattainable.

It shouldn't be something you consider to be easy or that you're going to do anyway. It should be something that you consider to be difficult or -- I hate this word -- impossible. Maybe you have that belief. Maybe you've gone so far in your mind that you consider it to be impossible.

I want you to realize, of course, that nothing is impossible. Think of this goal, and as I'm silent for two minutes, I want you to write down the reasons why you feel that you're not able to achieve your goal. Just to give you some ideas of reasons that people tend to have, maybe you feel you're not good enough and don't deserve it. Maybe you feel that you're not smart enough, or that it's something that people like you don't achieve.

I don't want to give you ideas about your reasons, but I want to share with you some of the reasons that people have had. Maybe some of these reasons are your reasons. If any of those resonate with you, feel free to use them.

I want to open you up to the idea of exposing yourself to yourself. I want you to get comfortable with being honest with yourself. Nobody has to see this. This can be private. You can tear it up after you write it or hide it if you want to.

I know you have some negative feelings about this and that you're probably feeling small inside, or something along those lines. I want you to be comfortable with finally revealing that. Some people tend to get emotional during this process, and that's fine, too. Push through it and get it all on paper. I'm going to give you two minutes to write down the reasons why you feel this goal is out of your reach or very difficult. Do this now as I'm silent.

You're doing a great job. Be honest with yourself. Keep writing. All right, doing a wonderful job. Remember, you're writing down the reasons why you feel that this goal is out of your reach or difficult.

Good. Continue writing. That's right, writing reasons why you feel this goal is beyond your reach or at least difficult. All right, doing a great job. Thirty seconds left. Write down a few more reasons why you feel that this goal is either difficult or out of your reach. Keep writing.

All right. What you've got now is a list of your reasons that you have come up with in your mind why you feel that you are either unable to reach this goal, or why it's difficult for you. Now let's look at how to break the chains. The most important step is to own up to the limiting beliefs rather than allowing yourself to think that you're better off chained up.

I want you to realize that you have the power to choose what you want to believe, and I want you to be ready to be wrong about something. Limiting beliefs are not facts. Prepare yourself to greatly improve many aspects of your life. One of the important things is to identify the emotions that are paired with limiting beliefs.

Most limiting beliefs have a negative emotional energy that is eliminated once the chains are broken. You break the chains by proving that your answers are wrong. This will help you replace the limiting beliefs chains with the new reasons not to believe what you previously thought.

In other words, all those things and reasons that you wrote down are the chains, the things that are not true. You wrote them down because you think they're true. Whatever you wrote down, those things are not true. Those things are identified as chains because they're holding you back from your goal.

Think of your goal as being above you and the chains as holding you down. That's what these beliefs are doing. But they're wrong! Everything you wrote down is wrong! Open your eyes to the opposite side, and be your own debater. Once the reasons are unable to be proven true, you'll instantly end the limiting belief.

I want you to have a good debater to help you prove your limiting beliefs wrong, in other words, reach inside yourself and find that person that likes to argue. Look at those reasons and realize they're wrong, and that you need to show yourself why they're wrong.

For your homework, I want you to look at these beliefs as a bunch of lies that you've told yourself. I want you to bring out your inner debater, the part of you that likes to argue, the part

of you that finds reasons why things aren't true and realize these things aren't true and prove it to yourself that these things aren't true.

With the chains gone, you will be free to experience the good life. By the way, you can use this method for all of your limiting beliefs. Everything we discuss over this course, you can use this method for. So I want you to move forward after this to include your other limiting beliefs.

This was just one project that you felt was out of your reach or difficult to reach. There are other things that you would like to do, I'm sure, that you can apply the same method to. So rather than stopping there, after you've done this, after you've disproven all of these lies that have been written down. I want you to move on to the next belief, and the next belief, and the next belief. Keep using this to disprove all of your limiting beliefs about all of the goals that you want.

So that's something that you can do over time. But for right now your day one homework is to disprove these beliefs, to argue against them, to show yourself once and for all that they don't make any sense.

They are things that you made up in your head or things that other people told you. So that is your homework. Then join me tomorrow for day two, as we talk about negative self beliefs that rule your life. We are going to go deeper into this, in other words. I'm Steve G. Jones hoping you have an outstanding day.

Module Two

Welcome back. Welcome to day two of ending your limiting beliefs. Did you do your homework? Did you act as the debater? Did you find reasons why your limiting beliefs are simply not true? If not I want you to do that before you go on.

On day one, which was hopefully yesterday, you wrote down some reasons why you felt that your goal was either out of your reach or at least difficult to achieve. I let you know that those reasons aren't true. Those are the chains that are holding you to the ground when you are attempting to fly.

So you've got to break through those chains. The way to do that was your homework . To act as the debater, to come up with reasons why those beliefs simply aren't true. Those limiting beliefs. So if you didn't do it, go ahead and do that. Pause this and come back to it.

Alright, so moving forward my understanding is that you've done your homework. We're moving into day two, which is negative self-beliefs that rule your life. We're going to talk about those. We're going to get them into the proper place that would be out of your life.

First of all, I want you to realize that what you believe about you is a huge deal. Now think about what I said. I didn't say what other people think about you, I said what you believe about you. In other words, what's in your head about yourself is a huge deal. Did you know that believing in yourself equates to a better you?

If you believe in yourself people will naturally be drawn to you. More people will believe in you, too. As a result, you will be presented with more opportunities. And to test this, have you ever seen a political figure in the news?

Perhaps someone running for president or mayor, or senator, or what have you. At first when you saw them you thought, "Well, I don't know if I would vote for that person. I don't even know who that is. I don't even know if I have an opinion about them. I don't like them or dislike them."

Or perhaps you saw them and initially you didn't like them at all. But then you started seeing that more and more people liked them. You started seeing polls on TV that told you that more people liked them. Then your opinion started to change, or perhaps then you started to form an opinion. One way or the other. Well, I want to share with you that it's a psychological effect. When people believe in themselves, other people start to believe in them.

So who is a candidate for anything? It's just a person. A person who said, "Yeah, I think I'd be good for this job. I think I'll give it a shot. I think I'll apply for the job of mayor, or the job of governor, or senator or president. Yes they have to apply, "I'll apply for that. Maybe I won't get voted in, because after all it's a popularity contest. But I'll at least fill out the application and send it in and see what happens."

Somebody had to say, "I believe in myself," in order to make that happen. All the great leaders of the world had to believe in themselves first. Then somebody else saw them and said "Oh, okay, I believe in them, too." It all starts with believing in yourself. No one knew who these people were. More people and more people did that and eventually they got into office.

It all starts with believing in yourself, at first no one knew who these people were, except their friends and family. But that certainly wouldn't have gotten them into office. Then lots of people knew who they were and enough people knew to get them into office. It all starts with

believing in yourself and then other people believe in you, and then more people believe in you and as a result you will have more opportunities.

Now perhaps you are not running for any kind of office. But life tends to be a popularity contest. If people see that you are really a big hit in whatever it is that you do: singer, songwriter, CEO, hypnotherapist.

Whatever you may be. Whatever you may be up to in life. If people see that you are really successful at it. In other words, a lot of people like you, they are saying good things about you. Then it's going to draw more attention to you, and allow you to have more opportunities, and more opportunities will lead to a full life of greatness. So confidence is an attractive quality to all. It starts everything rolling. It's what you need to start with.

You may be unaware that you have certain beliefs. Perhaps you have been allowing yourself to go with the flow. Just allowing life to carry you where it will. "Do you want to go here?" "Sure." "Do you want to do this?" "Sure." "I'll go along for the ride." Perhaps you've been going with the flow.

In other words, going with other people's flow. There's a way to flow in life that's going to help you and there's a way to flow in life that's just going to cause you to be a passenger in other people's vehicles. In other people's lives, in other words.

Perhaps you've been holding back and playing it safe. Perhaps you are unhappy with that situation. But perhaps you feel stuck. If that's the case, then there are some limiting beliefs there. There are some chains that are holding you back. Some chains that through your ongoing homework for module one, you know where you look at other goals and find out your limiting beliefs for those, argue against them, disprove them and break through them.

Perhaps there are some other limiting beliefs. Changing these beliefs can be a little tricky, but very rewarding. The mind is full of things to sort through. You've got a lot on your mind all the time. But most beliefs are about ourselves, and are deeply rooted in the subconscious mind. They can be wrapped around a multitude of life experiences. You didn't just come up with that belief randomly. Something happened, or someone told you something, or a few things happened or a few people told you things that caused that limiting belief to be there.

However, these are not facts, as you know from module one. So you will be able to break the chains. When you do, possibilities will be endless. You will wonder why it took so long to learn the truth. Ending limiting beliefs will lay the foundation for you. So, the most common negative beliefs people have of themselves include: "I don't have what it takes to be successful."

Also, "I am always wrong." Also, "I am not valuable, or worth much." Also, "My personality is unlikeable." Here's another one, "I am afraid bad things will happen if I try." Oh my goodness, that's loaded with negative labels. First of all the word, "bad." I don't like the word, "bad." Bad things will happen?

Well, things that are non-beneficial may happen. Things that have a sort of negativity may happen. But bad things? Labeling something as "bad?" I have a real challenge with that. But people will state that to themselves. "I'm afraid bad things will happen if I try." Oh my goodness and there's the word, "try." I don't like the word, "try." You either do something or you don't do it.

Even Yoda said that. The Jedi Master, I know he's a fictitious character, but the line was written by an actual human being who had experience. Yoda's message was, from the Star Wars Saga, that there is no try. You either do it or you don't do it. Let go of this concept of trying something.

Either make it happen, or forget about it. Either do it or don't do it. So one of the negative, limiting beliefs people have is, "I'm afraid bad things will happen if I try." Or, "I'm a failure and will never amount to anything." Do these sound familiar? Are these some of the beliefs you wrote in your homework? Something like this?

Or, "I don't deserve to have more." Or, "I am incapable of getting what I want." Wow. Wow, what a limiting belief. So if these sound familiar to you, remember what to do. Break the chains, identify, ask. Prove the opposite.

For example, here's one, "I am always wrong." Now I'm giving you help here in doing your future homework. Hopefully you applied some of these strategies. But I want to give you some help here so that when you look at the rest of your beliefs, you can be more streamlined in your approach.

So, we had a limiting belief, "I am always wrong." Okay, well first of all, "Why do I think I'm always wrong?" I'm acting as the debater now. "Why do I think I'm always wrong?" That would be a great question to ask. Then I can go from there in dismantling this limiting belief, this chain.

Here's another one "I am never right." Very similar to, "I am always wrong." Phrased differently. "I am never right." Here's a way to start dismantling that as you become the debater. "I am right about a lot of things." Any time you use the word "never" you are probably not correct on that. Any time you say, "never," or, "always," or "all people," or "all of them," or "all of us."

You are probably not right. So, to start the debate in your mind you would introduce the idea of, "I am right about a lot of things." Then you could list the examples, or "I am right about some things." Then you could list some examples. So these are ways to break apart your limiting beliefs and to become the debater; to show yourself that those beliefs are not true.

Let's talk about other methods that prevent negative beliefs from becoming a challenge in your life. Always overestimate yourself. The results will surprise you. So for example if you don't think that you can do something. How about overestimating yourself, and thinking that you can do that thing?

Take notice of the positive things that others say. Hmm, how about that? There are a lot of positive things being said about you! Are you paying attention to them? Are you taking note of them? Maybe you can even write them down.

Maybe you've been hearing things that people say about you that are positive, but you've been dismissing them because you think, "Oh, well, that person says that, but they don't know the truth or reality! They don't know who or what I really am." Maybe you've been looking at things like that and dismissing things that people say.

Maybe people say things that are positive to and about you all the time, but you think, "It's just not true." Are you dismissive of compliments? How about accepting them and writing them down? How about not giving negative thoughts a chance to form beliefs? When you get a negative thought, let go of it.

Prove your negative self-talk wrong immediately. Take the homework technology and do it in the moment. From now on, prove your negative self-talk wrong immediately. When you have a negative belief about yourself, prove it wrong.

I want you to do things differently. You won't be able to believe any of these negative things if they aren't true. Now, don't blame yourself, but take responsibility for what you believe and then work on changing it.

Once you hold the reins and are in control of what you believe about yourself, you hold the power. You can build a positive, nurturing relationship with yourself. What you think about yourself is very important.

This is going to allow you to build a positive relationship with yourself. After all, the person you will spend every second with is you! Once you change your self-beliefs, you can begin to build

on that foundation. Get excited about the change that's happening in you already and about understanding how to dismantle negative beliefs.

In the next module, Day 3, we're going to talk about beliefs, doubt and fear that have held you back in the past. For now, your own homework is to continue working on your beliefs. Pick another belief that you have that you feel is either difficult or out of your reach, something that you want, and write down your reasons that are holding you back.

When I say difficult, some things are difficult and challenging. Going to medical school is difficult, but it's an exciting form of difficulty. It's the sort of challenge that makes people excited about what they're doing.

I don't want you to pick something that you feel is difficult in that way. I want you to pick something that you feel is so difficult that you are avoiding it and will probably not go for it unless you break through your limiting belief. That's the kind of limiting belief I want you to pick.

So, your homework is to pick something that's either difficult for you or that you feel is out of reach, and write down your reasons why it's difficult or out of reach, and then argue against them.

Remember, you now have more effective ways to argue. You know when you write down, "I'm always wrong," you can ask yourself "Why do I always think I'm wrong?" If you write down, "I'm never right," you can write down, "I am right about a lot of things," and list examples.

What you're going to find is that when you say you're never right and yet write down some things that you are right about, you prove your belief wrong. Do your homework. Enjoy it and have fun with it, and then join me for day three tomorrow when we talk about beliefs about doubt and fear that have held you back in the past. I'm Steve G. Jones, hoping you have an outstanding day.

Module Three

Welcome to Day Three. Did you do your homework, which was to take something that you feel or hopefully felt -- hopefully it's in the past now -- is so difficult that you would not do it or impossible -- I don't like that word at all -- but did you feel that about the thing that you wanted to achieve?

If you did in the past, but hopefully you picked another goal that you have and wrote down the chains that are holding you to the ground. In other words, the inaccuracies that you've been telling yourself about why you can't get it, or why you don't deserve it. Hopefully you did that; if not, stop the recording and do your homework right now.

Go ahead and write down something that you want to achieve that you feel is out of your reach or very difficult to achieve, and write down your reasons. Then, most importantly, argue for the inaccuracy of those beliefs.

Be a self-detective. Look within yourself and debate the reasons you have created. You're going to find that those reasons don't hold up in objective reality. Now, my understanding is that if you're listening right now, you've done your homework, so we're going to move forward with Day Three.

Day Three is exciting because it's about beliefs about doubt and fear that hold you back. More importantly, it's about getting rid of those beliefs. First of all, let's talk about limiting beliefs about fear. Here's a limiting belief: I should always stop anything that makes me feel scared. Wow! How many people or projects has that stopped?

That limiting belief -- I should always stop anything that makes me feel scared -- with as much programming as I've done on myself to overcome my fear of flying, I still have a healthy respect for flying. I understand there's a certain risk involved.

I am, to some degree, scared every time I get on a plane, and that's part of the excitement, just like I'm a little bit scared every time I get on a roller-coaster, but I do it anyway. I push through it. The percentage of fear, for me, is far outweighed by the sense of adventure, and the pay-off that's going to come from getting on that roller-coaster or airplane.

If I allowed that to stop me and bought into this belief that I should stop whatever makes me feel scared, I wouldn't do much. Realize that fear can be irrational and can mislead you. When you're scared, you should fight harder for what you want. Realize that fear does not usually look out for our best interests.

Your best interest really is getting things done or having a good time. That's really in your best interest. Fear is there to remind you that risk is involved, but usually when fear pops up, it's not going to benefit you. It's going to stand in your way of achieving something.

Here's another limiting belief about fear: Fear is a good indicator that something is a bad idea. Wow! How many times have we come across that? We get scared and think, "Well, that just

means that I shouldn't do it." Wow! What a limiting belief! When you fear something, there's usually something to gain.

I'm not saying that everything you're afraid of is good for you; certain things you're afraid of are actually not very beneficial at all and could actually harm you. I'm talking about projects, hopes, dreams, ambitions, things that would really benefit you in a big way. Those are the types of things that I'm talking about that fear can stand in the way of.

When you fear something and you're engaged in a project that's really wonderful and fear is there, there's usually something to gain. Usually that's what your subconscious mind is afraid of, the new attention or opportunities you'll have, or the way your life will be from then on. It will be different, there will be a change. Usually that's what you're afraid of.

When you look at it in those terms, you realize that fear is something that actually is going to indicate that you're about to have a really good time or accomplish something really wonderful, rather than something that's going to indicate that you should stop doing whatever you're doing. When you fear something, there's usually something to gain. The place where you are afraid to go is where the rewards are hidden.

Again, there are some places that you are afraid to go that you probably shouldn't go, because it's not a good idea to go there. For example, a rundown neighborhood where there are a lot of gang members at midnight - you're probably afraid to go there. So am I. You shouldn't go there, and neither should I. I'm not talking about overcoming those types of fears.

I'm talking about overcoming the types of fears where you know that it's an educated risk. You know that if you take the flight or ride the roller-coaster, if you get into that business venture, if you start on that career path, if you approach that person, if you tell someone you love them -- whatever it is you're afraid of doing, you've calculated the risk and know that there's a huge reward.

The only downside is you're going to be afraid during. You're going to be nervous during it, and that's OK. If you're involved in that kind of risk, then truly the place that you're afraid to go is where the rewards are hidden. Another limiting belief about fear is that when people are fearful, they will fail.

We've all been there. We've all had fear stand in our way. I still have a memory of being in grade school. Every day, we would have an hour of physical education. We would exercise and it was a pretty good time. One time in particular when I was in fifth grade, we were playing football. I'm not really a football player, though I did play a fair amount of football in the street.

I wasn't on the football team. I wasn't overly athletic. I was afraid because what happened that day was the coach said, "OK, Steve, I'm going to throw the ball to you, and you're going to run it down the field." He was going to throw it to me sideways, kind of a sneaky play, rather than going out for a pass, which is how the football is normally passed from the quarterback to a player.

He was going to do a sneaky maneuver, which was perfectly legal as far as the rules of football go -- and when I say football, by the way, I mean American football, not soccer. So he was going to throw the football to me sideways, and I was going to run down the field. That was the plan. Simple enough, except I had a lot of fear.

I knew that I had never done anything like that before. I had never received a sideways pass before. I wasn't very good at organized sports, even though I played in the neighborhood, so I was going into this thing with a lot of fear. Sure enough, when he passed me the ball, I dropped it. I dropped the ball.

He didn't pass it to me anymore. I still remember it. It's one of those memories that sticks in your mind. I bought into the belief -- my young fifth-grade self bought into the belief that when people are fearful, they will fail. I remembering thinking to myself that I would fail. Sure enough, I did. Another example I remember is being on network television, a show called The Millionaire Matchmaker.

As part of the program, I had to go on a date, and as part of the date, I took my date surfing. Neither she nor I had ever gone surfing before. I went into it with a little bit of fear. I thought, "My first time surfing is going to be on television." I had a fair amount of fear concerning this. I had five cameras pointed at me and about twenty people on the beach watching me.

Sure enough, when I got up on the surfboard, I fell off. Now, you may think, "Well, why don't you just program yourself to do it?" I will tell you that if you're ever in that situation, you'll see how it is when you have twenty people watching you with video cameras. You're out in the ocean with a lot of waves coming at you. If you've never done it before, it's a daunting task.

My belief system was wrong going into it. I will own that. Going into it, I thought, "Oh, you've got to be kidding me." Now, as it turns out, it made for great television, because television loves when things don't go quite right. If everything went perfectly well, it wouldn't have been quite exciting, but me falling off a surfboard was good television, as they say.

My point is that I bought into the belief in that moment that when people are fearful, they will fail. I bought into that belief in fifth grade. Those two points really stick out in my life. Luckily for

most of my life, since understanding this technology -- that our thoughts are powerful -- I have done quite the opposite. I have let go of that idea that people will fail when they are fearful.

I have embraced the opportunity for the unknown. We don't know what's going to happen. We go into it with the best intentions and do the best we can, and are hopeful that it will work out, and visualize it working out. That's the way I usually go into things. I want you realize that I'm human, you're human, and we all from time to time buy into fear and allow it to control us.

It's OK that that happens. My advice is don't let it happen on television, if you can help it. We all let it happen from time to time, and that's OK. It's part of being human. But you've got to let go of that and realize that fear is OK to have as long as you don't let it stop you. I didn't let it stop me, in those cases, from participating.

I want you to take two things from this story. First of all, we're all human. We all do what the world will call "failure" from time to time, but it's not failure, it's a learning experience. Secondly, no matter what, get in the game. Give it your best shot, even if you have fear. Those are the two things I want you to take away from these stories.

Realize that everyone experiences some degree of fear. It's how we use it that really counts. Think of fear as a propeller on a boat that can take you forward or backward, depending on which way the propeller spins. You can use fear as a motivator to get you excited about something that you're going to do.

I want you to think of fear as "something," something you experience before something amazing happens. Make your plan and goals clear so that your dream will come true. Allow yourself to experience the roller-coaster ride. You won't regret it. Even though I fell off a surfboard on television -- and, by the way, it's in reruns now, and my friends call me up and kid me about it -- I don't regret it.

Think of fear in a different way. Use it as motivation for pursuing your passion. Fear means that you're about to experience the most thrilling ride of your life. Let's talk about limiting beliefs about doubt now. Here's one: If I doubt myself, I shouldn't try. How many people has that stopped? I don't know how many times I've doubted myself in the past but still done it anyway.

I've let go of the word "try" and I just do. You never know the outcome of anything you do. You never know how your day is going to go. You may think you know, and have it planned out, but it doesn't mean that will go that way. There's a lot of doubt at some level involved in every part of your day. You simply don't know, but you go forward anyway.

Doubts have nothing to do with whether or not you should do something. If everyone let doubt stop them, no one would ever complete anything. Let go of the idea of letting doubt rule your decision-making. Here's another limiting belief concerning doubt: When I feel doubt, that means it can't be done. Now, you may not have these beliefs in that exact way. That may not be the wording you use.

On some level, however, you can relate to this. "When I feel doubt, that means it can't be done." You know, feeling doubt simply gives you another reason to prove that you can do something. I want you to look at it that. Let doubt inspire you to work harder and move ahead. Here's another limiting belief concerning doubt: Doubt is intuition telling you not to move forward.

Wow! It becomes a real belief system. It almost becomes religious at this point. You know, doubt is not to be mistaken for intuition. When people doubt, there's room for error, so learn to overcome your doubt, and keep pushing for your goals. I also want you to surround yourself with people who motivate, inspire, and encourage you.

If you don't have people around you, single out social networking online, or at least events. I mean, go after these groups, join and participate in these groups. There are plenty of them out there. People who will motivate you, who come from nothing and have everything, who are really making change in the world and reaping the rewards from it.

Look at Facebook and Twitter. They have fabulous supportive networking groups. Look at seminars for like-minded individuals. They can be extremely beneficial. When I say like-minded, I mean like the mindset that you are creating, that belief mindset that believes that you can do anything. There are groups and seminars like that.

Find trustworthy people to bounce ideas off and share your plans with. One week from now -- a week from the time that I'm recording this right now -- I'm going to something called a Mastermind Meeting, where myself and a group of my friends and some people I don't know are going to get together and share powerful ideas. I do that.

Do I have to do that? No, but I do that anyway, because I realize that there are things that I don't know and want to learn, plus I want to be surrounded by people like that. I want to benefit them by being part of their world and inspiring them. Realize that you bring something to the table as well.

Let's talk about fear and doubt versus intuition. I touched a little bit on this, but there's a huge difference here. When you have fear and doubt about something, you may have an

overwhelming feeling of apprehension, or you may be unsure if you're able to do something, or you may experience strong emotions that stop in your tracks, or a combination of any or all of these.

That's when you have fear and doubt about something. When you have intuition about something, the positive side, you won't feel overly emotional, and you will know it without a doubt in your gut. You will suddenly know what to do in the situation. That's intuition. Fear and doubt cause overwhelming apprehension, they cause you to be unsure, and they cause strong emotions that may stop you from doing anything. That's fear and doubt.

Intuition, on the other hand, will not cause you to feel overwhelmed emotionally, will allow you to know something in your gut without a doubt, and will allow you to suddenly know what to do in the situation. Fear and doubt are completely different from intuition, and you need to understand the distinction. Knowing the difference could prevent you from letting fear and doubt win over.

As your homework, I want you to write down some feelings that you have about one of your ideas or big goals. Write down a list of about ten things, and then analyze it. Realize what's coming from fear and doubt, and what's coming from intuition. Then I want you to divide up that list with fear and doubt on one side, and intuition on the other side.

I want you to get used to doing this. Then I want you to go back to the other goals that you've written down and already analyzed. You know, you've already written down the things that are holding you back from achieving them. I want you to do this list for those also as your homework. You've probably only got three lists so far, so it's not going to be a lot to do, and you've got until tomorrow to do it.

List everything you feel about it, and then divide it into the two columns. Put everything where it belongs. What is fear and doubt? What is intuition? You're going to find that fear and doubt is showing up as negative, and intuition is showing up as positive.

Then I want you to let go of the fear and doubt! From that point on, you're going to realize when a thought comes up about that goal, you're going to know whether it's fear and doubt, or intuition.

Do your homework, and have fun with it. Join me in the next module for Day 4 as we talk about beliefs about people and relationships that could be ruining your life. Wow! I'll bet you didn't realize that could be happening.

Let's let go of that, because you want to live a successful, healthy and powerful life. Get excited, get ready to join me tomorrow. Do your homework, and I'll see you tomorrow for Day 4. I'm Steve G. Jones, hoping you have an outstanding day.

Module Four

Welcome to Day Four. Did you do your homework? Your homework was to look at your list of goals that you've written down, the ones that you've written limiting beliefs for, and to take those one after the other, and write down your thoughts about that goal. Just your thoughts. Then categorize them into two categories, fear and doubt or intuition, and then let go of the fear and doubt beliefs, and embrace the intuitive beliefs.

I also explained how to tell the difference. If you haven't done your homework, pause this and go back and do your homework. My understanding now is that if you're listening now, you've done your homework. You've learned a lot about yourself and how to tell the difference between fear and doubt, and intuition.

You've learned that you had in the past limiting beliefs that were not true or part of reality. You learned how to let go of those by becoming a self-detective, bringing them out through that process and then arguing with and showing yourself that these things are opinion or ideas at best that you gathered over the years that don't have anything to do with the way things really are.

These are things that were in your head, slowing you down, and once you come face to face with them and create logical arguments about why they're not accurate, you can let them go. They disappear from your life. So let's move forward now to Day Four.

Welcome to Day Four. This is all about beliefs about people and relationships that could be ruining your life. Now, that's pretty strong wording, isn't it? But I want you to realize that that's the extent of the damage that be done and actually slow you down to the point where nothing is working in your life. So let's talk about the most common negative beliefs about people.

First of all, here's one: There's no one that I can like, or that can like me. Now, I want you to realize that this is just a wall that people put up to avoid disappointment. I want you to open your mind to this being far from truth, and you'll be able to find a match.

Here's another one: There's no such thing as a trustworthy person. You may have phrased this differently or heard it phrased differently. I want you to realize that there are people that you can trust, so give people a chance to build trust with you.

Here's another one: Friends always stab me in the back. I want you to realize that people who do that are not your friends! It's going to take time, but a circle of real friends will be made. You can make a circle of actual genuine friends! Here's another one: I make a terrible friend.

Wow! Think about saying that to yourself, or maybe you already do or have done. I want you to let go of that, because everyone has positive and negative qualities. I want you to emphasize your good qualities and learn to improve the ones that need some work. Anyone who wants to be a good friend is capable of being one.

Here's another common negative belief about people: Having friends is not worth the trouble. This is a very common negative belief. Actually, friends make life brighter, and are there for you in times of needs. Doing the same in return doesn't feel like trouble at all. In other words, being there for them isn't really troublesome; it's something you will embrace and enjoy.

Let's talk about relationship beliefs that prevent you from experiencing love. Here's one: I shouldn't have to fight for love. I want you to realize that love is full of battles worth fighting. No relationship is perfect and magical; they take work.

Some of the most powerful and exciting relationships have a little bit of zest to them, a little bit of argument that can add flavor to the relationship. On the other hand, sometimes you do need to fight for what you really want. Sometimes you need to demonstrate to the other person that you really care, so we can look at this in terms of fighting, if you want to look at it that way. Sometimes there's a battle for love.

It doesn't mean that you're going to force yourself on someone who doesn't want to be with you, but that sometimes you're going to have to prove your love or demonstrate your worthiness. Here's another relationship belief that can prevent you from experiencing love: I am too ugly to be in a relationship. Those are really strong words, but maybe it's something along those lines.

Thinking that there's a lack somewhere in your physical or inner appearance. People can be attractive on the inside or outside, but if you think about it, unattractiveness or a lack of attractiveness is an opinion that you have and hold in your mind about yourself. It's not part of greater reality. Everyone can be in a good relationship. Beauty is both in the eye of the beholder and in your own mind.

There's someone out there who will see your beauty. You have to realize that there are types out there. Not everyone wants what some would consider to be the textbook standard beautiful person. Not everyone wants what you consider to be the ideal person in your mind. Perhaps there are changes you'd like to make in and on yourself that you think would make you into the perfect person.

I want you to realize that the person who is meant for you is going to accept you for who you are, because beauty is a combination of what's on the inside and outside. Who's setting the standard? If you're setting the standard for beauty, the way you feel you should look, how do you know that the person you really want to be with or perhaps are destined to be with will have the same point of view? Perhaps they like you just the way you are!

I want you to start liking and loving yourself just the way you are. Let go of this concept of being too unattractive for a relationship. The next relationship belief that can prevent you from experiencing love is: No one is right for me. Oh, my goodness, how many times have I heard this working with people in hypno-therapeutic sessions?

They're just too picky. They don't feel anyone is right for them. I've heard that time and time again. I want you to realize that you need to be open to love and relationships. If you are a person who feels that no one is right for you, I want you to realize that that is a belief that you have created, one of those limiting beliefs, that's holding you to the ground.

You need to let go of that and realize that there are very strong logical arguments for that not being part of reality. There is someone out there for everyone. Right now, wherever you live, there are probably at least 100 people who would love to be in a relationship with you.

Do you believe that? Is that difficult to accept? You have got to let go of this concept of no one being right for you. So of these 100 people, well, maybe you wouldn't want to be with every one of them.

But I guarantee you that if you had them all lined up in front of you and interviewed each one, you would find someone who's right for you. Let go of this concept of no one being right for you. The area that you live in has plenty of people, as does the country and the world. Someone is right for you! Let go of that belief.

Here's another relationship belief that can prevent you from experiencing love: All relationships eventually fall apart. That's kind of like an argument for not making your bed. Why make your bed when it's going to get messed up again the next time you go to bed? Why take a shower when you're going to get dirty again anyway? Let go of those arguments!

First of all, making the bed -- I could understand an argument for not making the bed. When I get up, I make my bed because it sends a signal to my subconscious mind that it's time to get up and be productive. If I leave it unmade, there's a tendency to get back in it, but if I make it, it looks like something I don't want to disturb. Taking a shower sends the same signal: "I took a shower, I should do something." Plus it's a really good idea to shower on a regular basis.

If we put relationships into the same category as perhaps bed-making -- perhaps you're not one of those people who want to make your bed or take a shower every day. I can understand that, but you've got to understand the logic.

I don't mind if you don't make your bed or take a shower, but I just gave you a great reason to do both. Some people will take the same concept -- "I don't want to do it because it's a waste!" -- and they apply it to relationships. Why bother, if it's just going to fall apart anyway?

Especially for people who have already been in relationships that may have fallen apart, they apply the bed and shower logic to the relationship situation. I want you to realize that many couples do stay together and live happily ever after. Approximately half of all marriages do work out, so there's a good chance that your relationship will endure. There's an even better chance if you believe in it.

I want you to let go of these excuses and ideas that don't really hold any weight. Please open your heart to jumping into a relationship, because it could very well work out. The chances of it working out are going to be much better if you believe in it. If you believe in it, the sky's not even the limit. You can do anything you want with belief.

I want you to break the chains and improve your social and love life. So what's your homework? I want you to break some more chains and improve your social and love life, so if you have any of these or other limiting beliefs about people and relationships, I want you to write them down, find the reasons for your beliefs, and prove them wrong by seeing the truth.

What am I talking about? I'm talking about the beliefs that I shared with you, the relationship beliefs that prevent you from experiencing love. The first one I shared was "I shouldn't have to fight for love." The second was "I'm too ugly to be in a relationship." Those are strong words, but perhaps you feel there's something about you that's not worthy of love.

The third one was "No one is right for me." The fourth one was "All relationships eventually fall apart." If you have these or other limiting beliefs about people or relationships, I want you to write them down and then find the reasons for your beliefs. Why do you feel that way? What causes you to feel that way?

I want you to prove those beliefs wrong by understanding the truth. You're going to have to meditate, if you will, and sit with your beliefs and really look at them. Do that for homework, and then incorporate your new beliefs about people and relationships. Having friends and loved ones is important. They keep you from being lonely, help you in difficult times, prevent you from self-destructive behavior, and offer a shoulder to lean on.

Friends are really good at making you feel better. Most people want to help others, and are great listeners. Friends give you a chance to vent emotionally, which prevents you from bottling everything up. Relationships give you the freedom to be you. Relationships are comfortable and help you open up to your partner on a deeper level. They allow you to explore yourself as you explore them, and vice versa.

Relationships give you motivation to pursue your dreams. So take these positive relationships beliefs with you, and prove them right. I want you to do your homework, and then in the next module, Day 5, I'm going to share with you beliefs about perfection and failure that make you feel stuck. We're going to push through those together. I'm Steve G. Jones, hoping you have an outstanding day.

Module Five

Welcome back! Welcome to Day Five, where we're going to talk about beliefs about perfection and failure that make you feel stuck. Well, previously made you feel stuck, because with your new beliefs, you're going to be able to push through that. Did you do your homework? If not, you know what to do. Pause this recording, and do your homework, then join me back here.

All right, moving on now. My understanding is that you've done your homework, so let's jump into this material. Let's talk about limiting beliefs about perfection. Have you ever thought or heard this? "If something's not perfect, I should stop trying." Wow. Well, obviously you know from listening to the rest of the modules on the other days that I don't like the word 'trying.'

That's a challenge right there, letting go of the word 'trying' from your vocabulary. Again, here's the limiting belief about perfection: If something is not perfect, I should stop trying. Now, maybe that's not exactly what you've said or heard before, but maybe something along those lines may resonate with you from your past or possibly from your present.

I want you to realize that perfection is overrated. It leads to feelings of being upset and of sadness. Holding onto this idea of perfection and feeling that if you're not perfect, that there's

something wrong with you, can prevent you from accomplishing more. Learn to love that which is imperfect.

Here's the proper way to use perfection: It should be a motivator or goal for you. What that means is that perfection is out there in the future. You're moving toward it and may not reach it, but that's OK. You probably won't reach it, and that's OK. It's a concept that moves you forward and toward something that you may not reach. How boring would life be if everything was perfect?

Think about that. If everyone behaved perfectly, if every building was perfect -- I'm talking about every detail being perfect -- there would be no character. What if every person was perfect according to your perception of perfection? How boring that would be! You would know everything everyone would do every time.

Perfection is something that you should move toward. You probably won't experience the perfect day where everything goes just right. You probably won't experience the perfect life. When you accomplish your goal, it probably won't be absolutely perfect, but that's OK. There's perfection in the imperfection. That's the perfect part of the whole thing!

It's OK that there are flaws, that's part of the beauty. Perfection is something that draws you forward. When I write a book, I want it to be the perfect book, but it's never the perfect book. When I buy a car or house, I want it to be perfect, and it never is. That's OK. It's an ideal, something that's a standard in your mind that you move toward. You do the best you can.

In this world, perfection is a motivator, not something that you attain. That's OK. That doesn't mean that you won't ever do anything right or correctly. Of course you will! But to have everything perfect down to the very last molecule -- it's not going to happen in this world. Realize that perfection is a motivator that makes your life wonderful and amazing because you're shooting for something great and you're understanding reality.

Does that mean that you're not going to achieve your goals? No, not at all. It just means that when you get there, perhaps it's not going to be a sunny day when you get there. Perhaps not everyone's going to say wonderful things every day, and that's okay. That's the kind of perfection that I'm talking about that's not going to be real, it's not going to be part of reality. But if you think about it, that's part of imperfection, it's part of what makes life wonderful.

So use perfection as a motivator. Always focus on doing your best, making things perfect, always focus on that. But realize it's just a motivator, it's just what moves you forward. Doing your best to seek what you want.

So let's go back to the limiting belief again about perfection. If something is not perfect, I should stop trying. Let go of that, because in this world, nothing is absolutely perfect. There are always flaws, always. If you don't believe that, then look at the atomic level. You have to go down really low sometimes, really far, you have to look really in depth sometimes, but you will find imperfection, I promise you, and that's okay. Be okay with that.

If something is not perfect, then you should put perfection in the future and use it to motivate you, realizing you're not going to get there. Think about it like the dogs in a race. When dogs are in a race, they have a rabbit. Usually not a real rabbit, from my understanding, but they have a rabbit on the end of a mechanical arm that moves around the track.

The dogs chase the rabbit. Perfection would be getting it, reaching it, eating the rabbit, or whatever the dogs want to do with the rabbit. That would be perfection in their mind. It's a motivator, it's out in front of them. That's what you should do, always throw carrots, or rabbits, or whatever it is that motivates you, throw that out in front of you, and realize it's just a tool to move you forward.

Here's another limiting belief. There's no reason to do something if it can't be perfect. Now the first one was, if something's not perfect, I should stop trying. The second one is very similar to that. There's no reason to do something if it can't be perfect. In other words, if you can't do it just right.

Now again, we let go of the word can't, just like we let go of the word try. Can't should be removed from your vocabulary. So should try. You either do it or you don't do it. You can't do something? I don't think so. I think you need to let go of that. I know that you need to let go of that. You can do whatever you want to do, you can make it happen, you can find a way.

Realize that nothing is perfect, because there can always be improvements. There's always a reason to do something, and there's always a reason to do something, if it can even be slightly improved. Realize that when you strive toward perfection, which you should, because you're using it as that rabbit out there in front of you, what's actually going to happen is that you're going to get better and better and better and better.

Things are going to get better and better and better and better for you, because you are now motivated by using perfection properly. Here's another limiting belief. I should always try to be

perfect. Again we have the word try in there. A lot of people have this limiting belief. They feel that they should attempt to be perfect.

Now, in a sense, this phrase can be useful. It's really a statement that captures everything I'm talking about. Making a strong attempt to reach that perfection, using it as a motivator, but some people have a concept in their mind of this in a negative way. I should always try to be perfect, and then what happens?

Well, they're not perfect, so they chastise themselves, they beat themselves up. They say negative things about themselves. They call themselves ugly, they call themselves a failure. They call themselves not enough, not good enough in some way. Realize that striving to be your best is what it's really all about.

Aiming for perfection is something that's great, but realize you're not going to get there, and that's okay. If you're shooting for perfection and beating yourself up because you're not getting there, realize you are just wasting your time. You're being unrealistic, and that's okay. Now I believe in being unrealistic in a lot of ways, but you have to put perfection where it realistically belongs, which is out in the future, moving you forward.

Realize that you are worthy of happiness and success as you are. So you're moving forward toward this concept of perfection, allowing it to move you forward, and you're being okay with yourself every step of the way. You're being okay with being human. You're being okay with who and what you are. You've got to be comfortable with yourself, and I know this is a hard lesson for some people.

You've got to really understand this, and that is that it's about the journey. It is about the journey. Your life is going to get better and better and better every day, and you're never going to fully arrive, and I want you to be okay with that, because there's always the next goal. When I started making a million dollars a year, guess what? I set a new goal, which was higher than that. There's always going to be the next goal.

Perfection should always be out in front of you, and you should always be okay with who you are. At every step of the way, I've been fine with who I am. Money does not define me. Things do not define me. A relationship does not define me. I am fine the way I am. I am comfortable with who I am.

I am happy with who I am, I enjoy who I am, and it has absolutely nothing to do who I'm with, how much money I have, or anything that I own. It has absolutely nothing to do with that. It has everything to do with the fact that I have come to accept myself. I like myself, I enjoy myself, I

find myself funny, I find myself entertaining, I find myself to be knowledgeable. I enjoy talking with myself sometimes.

I invite you to do the same thing. I invite you to get to know and love yourself. Take yourself out on dates. I do it all the time. I take myself around the world. Take yourself to the movies. Get to know and love yourself, as you are right now. Not the future you. Yes, the future you is going to be wonderful, but guess what? It's going to be the same person, with more stuff and more opportunities, but it's still going to be you.

So how about loving yourself now and being okay with the journey and enjoying the journey? Let's talk about limiting beliefs about failure. Here's one. A mistake means I have failed. Wow! Wow! A lot of people carry that with them, carry that burden, that they feel that they have failed if they've made a mistake. You learn something if you've made a mistake.

I remember a story about Google. I don't recall who it was exactly, but someone in Google lost I think it was a million dollars for the company, and had to go into the boss's office and I say, I lost a million dollars today. I'm really sorry about that, but I lost a million dollars today. Someone at Google had to go into their boss's office and say that.

Guess what the boss said? The boss said something along the lines of, that's a million dollars we've just invested in your education, and they were happy. The boss was happy. The boss was happy that this person had made a million dollar mistake.

Now, a company the size of Google can afford to make a million dollar mistake. So it's all relative. However, it's still a million dollars and it's still a mistake, but the boss didn't look at it that way. The boss looked at it as an opportunity to share with this person, who was very nervous and upset, to share with this person that they now have a million dollars worth of education. They learned something very valuable, and they can move forward from there.

So, this limiting belief about a mistake being equal to failure is not accurate. It doesn't mean you have failed, if you keep moving forward. Mistakes are gifts that teach us how to succeed. So be grateful for your quote, mistakes, and always get back up. When you fall down, get back up again. Eventually, you'll learn to enjoy the stumbles just as much as the climb.

Let's face it, if it wasn't challenging, it wouldn't really be worth it. When I got my doctorate in education, I'd gone through a lot of stuff. I'd gone through years and years and years of education. A lot of money, a lot of missed summer days when I could have been out on a jet ski, or out traveling. No, I was busy, doing school work, and research and so forth.

That went on for years, but when I graduated, I looked back on all of that with a smile, and I thought, you know what? If I hadn't gone through all of that, it wouldn't have meant anything to me. So the challenges are what makes it worth it.

When you fall down, when you make a mistake, everyone does along the way. Those, quote, negative events, are really not negative, they're part of the excitement, part of the challenge, part of what makes it all worth it, part of what you can look back on and laugh about when you finally make it. Eventually, you're going to learn to enjoy the stumbles just as much as the climb.

Here's another limiting belief about failure. If I fail, there's no recovering. Well first, who says you've failed? If you don't give up when you make a mistake, a quote-unquote mistake, then you haven't failed. Get back up and keep moving forward. Success will be on the horizon.

Here's another limiting belief. I will inevitably fail. Wow, that kind of puts a damper on everything, doesn't it? Realize there's no secret formula for success other than perseverance. So persevere by always learning and experimenting, making changes when something's not quite working. You'll eventually find what works and what doesn't.

Realize that the more you know, the better your odds are of succeeding. Success comes to those who, rather than accepting failure, just learn from what happened and then move forward. That's who success comes to. So I want you to embrace perfection and mistakes gratefully instead of attempting to be perfect in the moment and chastising yourself, beating yourself up when you're not, be nice.

N – I – C – E. This stands for a method of getting over perfectionism and a fear of N – I – C – E. A fear of notice, a fear of intervening, fear of change, and a fear of embrace. Get over those fears.

You do things in a great way, you're going to be noticed, and when you make mistakes you're going to be noticed. So get over that fear. Intervening? Well you've got to have an intervention, you've got to have something change if you're going to move forward, so get over that fear. Change itself, the C in NICE. Change. You've got to get over your fear of change. Change is going to happen all the time, it's constantly going to happen and I want you to embrace the future. I want you to embrace a powerful future in which you are happy with yourself and still moving forward.

So embrace the present and embrace the powerful future and I want you to notice how perfectionism and fear of failure make you feel. You can intervene by accepting that imperfection and mistakes can actually be productive.

You can intervene in your own process. You know when someone goes too far into something, someone has to intervene to help them. You can intervene into your own life by accepting that imperfections and mistakes can actually be productive. You can change your actions along the way.

Make changes where you see they're necessary. If you're doing the same thing over and over and it's not working, why are you doing that? Change it up. Make some positive changes. Even if they don't work, they're still positive changes because you found out that doesn't work, so you check it off.

Well that doesn't work, that doesn't work, that doesn't work and eventually you are going to find what does work. Think about Edison and the light bulb. A lot of things didn't work, one thing did work. That's all he needed.

Finally again, the word embrace. Embrace your mistakes and imperfections as valuable lessons. Embrace yourself, embrace your life, embrace reality, embrace who you are. Embrace the here and now. Embrace that you are alive and that's great and keep moving forward.

Alright, no homework this time, except if you want to do some extra homework you can take another challenge in your life and analyze it with the technology you already have. You know how to break it down. Break down your living beliefs about it. Break down your beliefs in general about it. Categorize them into fears and doubts and intuition.

Create the arguments for your limiting beliefs list. You know, the chains that hold you back. You do this all for a goal in mind. So in other words, you pick one of your goals. You figure out what's holding you back from it. You realize those beliefs are just in your head. You let them go.

You also make your list of things you think about that goal in general and you divide them into fears and doubts on one side and intuition on the other side. You let go of the fears and doubts and you'll embrace the intuition about it. So if you want to do that as extra homework, as bonus, as you move forward, do that. Pick another goal and do that and then join me in Day 6, tomorrow, as we talk about beliefs about wealth that keep you from having money.

We're talking about limiting beliefs but tomorrow we are going to talk specifically about beliefs about wealth that keep you from having money. I want you to let go of those beliefs because I want you to have unlimited money, unlimited potential for wealth. I'm Steve G. Jones hoping you have an outstanding day.

Module Six

Welcome back. Welcome to Day Six where we're going to talk about beliefs about wealth that keep you from having money or I should say, that have kept you from having money in the past because I know you are dedicated to letting go of them. Letting go of those limiting beliefs.

Let's talk about money beliefs. Here's what may be subconsciously keeping you from having money. That's so, how interesting. Well, I want you to know that working hard is not the only way. In fact, this belief will prevent you from earning your riches doing something fun.

Sometimes the way to wealth is having fun. Look at rock stars. Look at people who really enjoy their jobs or their careers. They don't look at it as working hard. They look at it as having fun.

Also, it can be much better working smart than working hard. If you're smart with the way you work you're going to be more efficient. You're not going to necessarily work hard. So you're going to save yourself a lot of effort and you're going to get a lot more done. So let go of the limiting belief that says the only way to get wealthy is to work hard.

Here's another one. Money is the root of all evil. Well, we hear that a lot, don't we? Well, it's from the Bible and as a preacher for the Church of Christ for five years. Yes from 1990 to 1995, I was a preacher for the Church of Christ and so I am very familiar with Biblical passages but the passage actually says the love of money is the root of all evil.

But let's look a little further. Think of all the poverty related crimes that you can. You can probably think of a long list. Now yes, you can probably think of some wealth related crimes as well. But what's more prevalent in society? What is society much more concerned about on a day-to-day basis.

Poverty related crimes. I'm talking about muggings. I'm talking about burglaries. I'm talking about drug sales, drug use. So many negative things come from poverty or I should say people's reaction to poverty.

Attempting to get out of it in ways that are really not productive. Crime tends to be higher in poverty-stricken areas. That's just the way it is. That's a reality. So money is really not the root of all evil.

Now, the Bible says the love of money is the root of all evil. In other words, if you get really carried away and really greedy and that's all you focus on, then yes, that can cause you to make some evil decisions such as we see with money related crimes. People with a lot of money, Wall Street, etc. making decisions that are really not helpful for themselves or others. That's what the Biblical passage is talking about. That's different than saying money is the root of all evil.

Here's another one. You can't enjoy what you do and be rich.

Wow. First of all, we need to let go of that word can't. Secondly, realize that most of the world's most wealthy individuals got that way doing what they love. In fact, I challenge you to get wealthy doing anything you don't love. It would be really difficult.

Pursuing something you are passionate about actually increases your odds of success, doing something you really love. When I started college, it was 1985 and my father's vision for me was to major in Business and to minor in "Computers". Now, back in 1985 "Computers" was a legitimate minor because computer technology wasn't that sophisticated so you could just minor in "Computers".

Now, its' very diversified, very sophisticated and so forth. Very spread out. A lot of specific computer branches now. But back then, you could've minored in "Computers". So his vision for me was to major in Business, minor in Computers. In fact, from a very early age he was

developing in me this idea of being a business man and his view of begin a business man was very interesting.

He thought, for whatever reason, that a lot of business deals were made in bowling alleys, among people who were bowling. Now maybe they are, maybe they aren't, who knows? However, he wanted me to learn to bowl from an early age. I think golf probably would have been more appropriate. But that's okay because that was his vision.

He was going to teach me how to bowl. So he enrolled me in a bowling league where I could get the bowling lessons, learn how to roll, learn how to rub elbows with other bowlers and talk with them as a child and so I guess the idea was then as an adult I would be able to bowl with some fellow business people and we would be able to make business deals. I have yet to make any business deals while bowling.

I still bowl sometimes but it's usually with a group of friends and we're just having fun and there's some pizza and we're just bowling for the sake of bowling and there's really no business deal going on whatsoever. In fact, I usually don't go bowling with anyone I do business with. I go bowling with other friends besides business friends. So, I dismissed that idea.

I understood, for myself at least, that bowling was not something I was going to use for a business tool to meet and network with business associates but I still enjoy bowling. I also let go about the concept he had about majoring in Business and minoring in Computers because I wanted to follow my passion. So, I majored in Psychology and when I got to graduate school, I changed my major to Education because I realized most of what I was doing at that point was teaching other people how to do what I do.

So I wanted to learn the ends and outs of Education and how educate people, how to help them learn more efficiently, so a good foundation was Psychology, something I really enjoyed and then moving to Education because that just made sense for me. I never took one Business class in college or graduate school. I did take one computer class because it was an elective

when I was an undergraduate my first year of college but I never minored in Computers and I never majored in Business.

Now what's happened? I've generated enough money that I can hire attorneys and I can hire a CPA, people who probably did major in Business and I can hire people who can program computers who probably did major in Computers or minor in Computers in school and that's all possible because of the money I generate having followed my passion, which was academically Psychology and then Education.

So I want to encourage you to pursue something you are passionate about. That is what is going to increase your odds of success and that's what's going to lead to all the money anyway. So the notion that you can't enjoy what you do and be rich is a false notion. You can enjoy what you do and be rich no matter what it is. You can be rich following any path you are passionate about and not following that path could go the other way and I want you to realize the reality of the situation.

Those that do something that they dread quickly become comfortable with the misery if they're going to continue on in it. That's why people stay with things for a long time that they don't really like because they become comfortable with the misery. So rather than falling into that category just do something your passionate about. Become a part of something bigger than yourself that you're passionate about. For me, it's helping people. What is it for you? Follow that.

Here's another money belief that people tend to hold on to. You have to have money to make money. That doesn't make any sense if you think about it. This has never been further from the truth. Other people's money can make you wealthy if you have plan. You can go from having nothing to having your dreams come true using your mind.

Here's another belief. Having money stresses you out. Well this is another belief that is quite the opposite in reality. Money allows you to meet all of your needs so stress is virtually non-existent! Yes, you can get stressed out and have money. That is possible but you have the

means to be free from a lot of stress that a lot of people suffer with when they don't have money.

Stress, in my definition is not being able to afford the necessities required to live your life fully. So here are some beliefs in particular about being wealthy. Here's one, 'Rich people are snobs'. Well, most rich people provide us service that earns them respect and they are confident and caring people. Now there are people who think they are better than others but I want you to realize that they're in all income levels. It doesn't have anything to do with money.

Money just allows you to be more of what you already are. So if you're already a wonderful person, you're just being more of a wonderful person in the sense that you have more opportunities to share your wonderful nature and if the opposite is true, then of course, that will happen as well but that has nothing to do with money. Money just sort of puts a magnifying glass on everything.

Here's another belief about being wealthy that people tend to hold on to, 'If you choose wealth, you can't be truly happy'. Realize that having money is like having unlimited tickets to the carnival of life. So it allows you to do more of what you really want to do.

Here's another belief, 'Getting rich turns you into an evil and greedy person'. While I want you to realize that wealth allow you to have more to give and less reason to be greedy, many wealthy individuals have a charitable heart and realize that there are greedy people at all levels of income. You're just going to be, as I've said, more of who you already are. So it doesn't have anything to do with wealth.

Here are some healthy replacement beliefs that act like money magnets. First of all; pursuing your passion and enjoying what you do will lead to wealth. The belief opens the doors to success. Also, money is what allows us to enjoy our life.

Here's another belief that's going to help you, 'Money is what allows you to enjoy your life and spread happiness to others'. When you don't have enough, realize that all you can do is help yourself. When you do have a lot, you can help others.

Here's another one, 'People can make endless money using their brains alone.' Yes, knowledge always has been power. Its power now, it's been power in the past and will be power in the future. You can make endless money using just your brains alone.

Here's another one, 'Having an abundance of money brings peace and contentment.' You no longer have to struggle to make ends meet when you have abundance of money. Everything you need and want will be attainable and you can hire others to do things that stress you out!

Now I want you to find all the remaining wealth beliefs and merge them. So think about your parent's beliefs. Did they have negative views towards money or wealthy people? Were there other influences in your life that created limiting wealth beliefs? Is there a certain money related memory that replays in your mind? I want you to banish these memories using 'Breaking Chains' technique. Remember, you've learnt the technique already; I want you to use that.

So question all of your beliefs about money and identify the limiting ones. Ask yourself why you believe those things and find ways to weaken those reasons or eliminate those reasons so that the belief shatters, the limiting belief that you are holding on to just shatters. You need to free yourself to allow an abundance of wealth into your life and these limiting beliefs that were in your head may have been the only thing in your way.

So as your home-work, what I want you to do is think about the beliefs that are in your head; the beliefs from your parents, the beliefs from other people, the beliefs that you got because you read something or saw something or because you experienced something.

Think about the limiting beliefs about money that you have and I want you to write them down. Then remember the technique that I taught you for breaking the chains. Remember the chains that held you back from achieving your goals. Hopefully once you've identified them in your home-work, I want you to realize that these limiting beliefs are the chains.

So as you write down the limiting beliefs about money, realize that they are the chains. So after you write down your limiting beliefs about money, whether they came from your parents, friends, things you read, things you saw, things you just think, things you perhaps made-up, things you think you read or think you heard.

Once you write down all your limiting beliefs about money, I want you to question them all. This is all your home-work, question them all and identify the limiting ones. So you are writing down your beliefs about money. Some of them are actually going to be okay. Some of them are going to be positive beliefs. Get those out too, get those written down. Remember, you're writing them down with pen or pencil on a piece of paper.

Once you've got them all out, identify the limiting ones. You can circle the limiting ones. Ask yourself why you believe those things, why do you believe those concepts. And then I want you to challenge yourself to let them go.

That's right; let them go, see through them. See that those are just beliefs that are in your head. See them for what they are, they're just beliefs, they're just opinions that you have. They have nothing to do with the rest of reality. They are not related to the rest of reality. They're just in your head, so you can let them go.

So it's going to be very useful to write them down, look at them, reason through them and let them go. You can join me in the next module as we move into Day Seven and I'm going to share with you beliefs about the future that keeps you from enjoying the present. I want you to enjoy the present. I want you to enjoy the journey as I've said. So do your home-work and join me tomorrow for Day 7. I'm Steve G. Jones. Hoping you have an outstanding day.

Module Seven

Welcome to Day 7, the day on which you are going to learn about beliefs concerning the future that keep you from enjoying the present. So let's talk about negative beliefs about future events.

Here's one, 'Being happy will always be impossible for me'. Think about the limiting content in that statement- 'Being happy will always be impossible for me.' You've got two words here that I really don't like here which would be 'always' meaning that it's going to extend forever and 'impossible'.

Those are really limiting because this statement says that it's always to be true forever more and that it's impossible but there is no way it can work. So if you believe this, 'Being happy will always be impossible for me'; well, you may be condemning yourself to unhappiness.

The next negative belief for future events that I want to analyze is, 'I will never have what I want.' Now this is another self-sabotaging belief that prevents you from getting what you want. Again, it's so limiting to use the word 'never'- 'I will never have what I want'.

What happens is people don't care what they want sometimes. When that happens they remember a past event of not getting what they want or perhaps, a few times when they didn't get what they want or perhaps, many times when they didn't get what they want. They put all

the pieces together and what they come up with is that they will never have what they want. They extend those instances into the future and put the word 'never' on it.

Well, this is a self-sabotaging belief that prevents you from getting what you want because once you say that then your subconscious mind becomes programmed. When you say that over and over, your subconscious mind becomes programmed to not give you what you want, to not allow you to have what you want. So you start sabotaging when you do start getting close to what you want.

Another one is, 'There's nothing worth having in my future.' You may not use the exact words but this is the type of concept that people think of but there's actually an abundance of things worth having to those who believe.

Here's another one, another negative belief concerning future events, 'The future is full of uncertainty and I have no control.' Well, you can take the reins of your life and fulfill your dreams. You can have control. The future has what you put in it and you put in it those thoughts which become things right now. So right now what you're putting out there becomes your future.

Here's another one, 'Not knowing what's in the future is scary.' Well, if you enjoy the present, the future becomes bright and I want you to refrain this. I want you to start getting into the mindset of 'Being okay with not knowing the future.' So rather than it being scary, it's interesting, it's fun, it's unknown and that's an exciting challenge.

I want you to realize that your positive beliefs about the future have a direct impact on what will happen, also your negative beliefs. So do beliefs and thoughts directly impact our future? So I want you to realize that this is actually reality. Using positive statements about the future will help create new beliefs.

So one of the positive beliefs you're going to have to embrace is that leaving the safety and comfort of the nest and taking flight will actually be to your advantage. You're going out to make changes, you're going to branch out, you're going to leave all old situations and move into new ones. Even as you become successful, if you want to move up to the next level and the subsequent levels thereafter, you're going to have to make changes.

I remember a friend of mine talking about doing his own accounting. He is a business owner making a lot of money. He was doing his own accounting and he was happy about it. He was happy about doing his own accounting. He was after all keeping a track of everything. He was watching over everything. He was very successful.

A part of the success in his mind had to do with him having a direct control over his finances, handling all his accounting, even to the point of going to the bank. Now this is a business owner overseeing a good sized business. He would go to the bank, he would balance his books and do all of that. Now even smaller businesses tend to have book-keepers and tend to have people who go to the bank. People whose job it is to take care of certain things such as errands.

He pointed out to me one day how he wanted to be successful like Bill Gates. I pointed out to him that Bill Gates probably doesn't do his own accounting. He probably doesn't go to the bank by himself. He's probably not aware of what's going on day to day in the business office. Bill Gates thoughts are at a higher level. That doesn't mean he is better than anyone else. It just means he is looking out for the overall health of the company.

So when he was running Microsoft, he was in a position where I'm sure he wasn't going to the bank. I'm sure he wasn't working in the accounting office. I'm sure he left that long ago. So this allowed my friend to become somewhat enlightened about the way he was looking at things. So he had to leave the safety and comfort of the nest.

The net for him was being down in the trenches, looking at the reports all the time, going to the bank all the time because after all, how can you trust anyone to go to the bank for you? You have to go to the bank yourself. That was a limiting belief that he held, so he left the safety and comfort of the nest that he had created and he was able to let other people handle that while he focused his thoughts on the overall development of the company.

Now, I want you to remember to take time, daily, to appreciate where you are now. I know I've mentioned this before, but I really want you to make this, sort of an affirmation that you're going to do this. You're going to take time, daily, to appreciate where you are now.

Let's face it: your life happens in the moment. It doesn't happen in the future or the past. It just happens in the moment. It happens where you are, right now, so you must take time to appreciate where you are. Realize that positive beliefs for the future give us motivation to make it happen. So, I want you to keep your thoughts about the future very positive. I'm inviting you to break the chains of negative future beliefs, and to use reasoning to instill hopeful beliefs.

So, to do this, you find out where beliefs are coming from, first of all. They're always rooted in the past, and the past will hold you back from future growth if you let it, so let go of it by finding the reasons for these limiting beliefs, and essentially, taking a sledgehammer to them, smashing them, proving to yourself that they are false, and once you realize that they are false and once you realize they're false, they lose their power.

Next, relearning what the future really holds for you. Isn't it interesting, as you think about the future, something that hasn't happened yet, that doesn't actually exist yet, you're taking action. You're working in a future that doesn't exist yet. Interesting concept. You're relearning what the future really holds for you. So, affirm to yourself, on a regular basis, I have total control over my happiness.

I will get things that I want because I remain positive about getting them. My future is full of happiness, love and abundance. I can help guide my future, to be anything I wanted to be. These are the types of affirmations you can have for yourself. So right now, rather than doing this for homework, I want you come up with some affirmations for yourself.

I want you to come up with some powerful affirmations about the future, because after all, this module is about beliefs about the future that keep you from enjoying the present. So, I want you to come up with some beliefs about the future that allow you to enjoy the present. And, realize that not knowing everything about the future does leave room for pleasant surprises. You don't have to know everything about the future.

All right, so I'm going to be silent for five minutes. I want to give you five minutes on this one. You have a lot of information now. This is Day 7, you've learned quite a bit. So, I'm going to be silent for five minutes. If you don't need the full amount of time, that's fine, but I want to give you plenty of time because we're talking about the future.

We're talking about you redesigning the future. Isn't that interesting? A future that hasn't even happened yet, you've already potentially designed it in your mind, so I'm inviting you to redesign a future that hasn't happened, that you've already designed. I want you to redesign it so that it works for you so that you can enjoy the present.

All right, so how do we do this? Well, I want you to write down some affirmations. What are affirmations? Well, they're stated in the here and now, they're stated in the positive, and they get you excited, they get you happy. They get you thinking in a positive way about the future.

So, let me give you some examples that you can use. So, realize that you're talking about the future, but I want you to state these in the here and now. Realize that what you state in the here and now, what you program in the here and now, is going to create your future.

Okay, so here are some examples of affirmations. I have \$100,000, or fill in the blank. Whatever an amount is that you would like to have in the bank. I have X amount of money in the bank, now. Here's another one: I have (and fill in the blank about a relationship you'd like to have), now. In other words, I have the perfect wife, now, I have the perfect husband, now, I have the

perfect girlfriend, now, I have the perfect boyfriend, now. Fill in the blank for whatever you want.

And, realize, the word perfection, we've already talked about that. Perfect is perfect for you in the moment, not meaning that they're absolutely, wonderfully amazing in every possible way and they have no flaws. That's not what I'm talking about, so if you use the word 'perfect', realize what it really means.

Here's another one: I have perfect health, now. Now, you may not have perfect health, now. It may be something you want for the future, but it's something that you're programming yourself for now that's going to affect your future, and most importantly, it's going to allow you to enjoy the present. Here's another one: I am happy. And, another one: I am peaceful. And, another one: I am full of joy.

So, they can be very specific if, for example, there's a specific person you'd like to attract into your life, or a specific type of person that can be very specific but they don't have to be. Or, perhaps if you want a certain amount of money in the bank. That can and should be very specific, but it's okay to be general. I am happy, I am joyful, I am peaceful, etc.

Here's another one: I am a millionaire. Now, realize, these work best if you're not in that position, yet. This is something you want to achieve in the future. So, if you're not a millionaire, if you're not happy, if you're not joyful, if you're not full of health in your opinion, that's fine. You're stating things that you want to have happen in the future. Most importantly, they're going to allow you to enjoy the present.

So, as I'm silent for five minutes, I want you to write down your affirmations. Just write down as many as you can. If you can write down twenty, fine. If you write down three, that's fine. I want you to write down as many affirmations as you can. Now, remember, you're stating them in the here and now. It's not something that you're stating for the future, even though it's going to happen in the future, you're stating it as if it's already happened.

Why do we do that? Because your subconscious mind sees it, realizes there's a gap between what you're saying and reality, and makes it happen. That's what causes it to happen, the fact that you're stating that it is so, your subconscious mind finds a way to make it so.

Also, you're making it something that you want, something that you really want to have, so state it in the present, state it in a positive way. If you have it now, make it something that you want, make it something that gets you excited, something that really gets you going.

All right, go ahead and get ready to write. Remember to use pen or pencil and paper. Write your affirmations. Ready, go. All right, continue writing. Remember, you're writing positive affirmations. Things that you want, but you're stating them in the here and now.

All right, doing a great job. Keep writing affirmations. You're on a roll here, you're flowing, so keep on writing affirmations. All right, remember, you're stating them in the here and now, you're making them positive, you're making it something that you want. What do you want? Think about it. This is your opportunity to have anything you want, so get excited and keep writing.

All right, one more minute left. Keep writing. Keep writing affirmations, I know you've got a few more in you. Keep writing things that you want, but state them in the positive and the here and now. Make sure it's something that you really want. What do you want?

If you can have anything, what do you want? All right, so now you've got your affirmations. So what do you do with these affirmations? First of all, I want you to let go of the past and embrace the new future beliefs that you are creating through these affirmations.

You're going to feel a renewed hope for the future. A wave of relief will wash over you. Specifically what I want you to do is take three of these at a time and I want you to start focusing on them. I want you to say these affirmations to yourself at least nine times a day.

What's the best way to do that? You've got three affirmations you're taking at a time and you're saying them three times in the morning, three times in the afternoon, and three times in the evening. Each of your three affirmations you're saying nine times every day. Three times in the morning (all three of them), three times in the afternoon (all three of them), and three times in the evening (all three of them).

I want you to do that for a full week. This can vary. If you've only got three affirmations go ahead and say them for a full 21 days. If you've a good long list, say 20 or 30 affirmations, pick three a week. Focus on them and then move on to the next three, and the next three, and the next three once a week and do this until you run out of them.

You're going to find that they become part of your life. Join me in the next module on day eight, the final day, when we talk about beliefs that limit happiness and are making you miserable. That's something you're going to reframe because you've got beliefs that are limiting your happiness and making you miserable and I'm going to help you shatter them. I'm going to help you break through them to let go of them once and for all.

Get excited about being free from that, but do your homework. I'll talk to you tomorrow, day eight, your final day. Do your homework and get excited about tomorrow. I'm Steve G Jones, hoping you have an outstanding day.

Module Eight

Welcome to day eight, the final day. You made it. I want you to reach around and give yourself a pat on the back. You have made it where others don't. Others haven't made it because they quit, but you didn't. You persisted till the end so congratulations for making this happen. Congratulations for persisting to the end, but I want you to know it's just the beginning.

It's the beginning of the new you, a new you who has let go of limiting beliefs. In this module we're going to talk about beliefs that limit happiness and are making you miserable or, as I should say, that have made you miserable in the past because that's all in the past now. You're going to move toward a future that you start creating right now and you've already begun creating it.

Realize that your happiness is tightly intertwined with what you believe. You know this. Since your happiness is tightly intertwined with what you believe, the key to happiness is in your mind. You must choose to be happy. You must also change beliefs that keep you from happiness.

Ending beliefs that limit happiness takes a unique process. You must learn to be grateful for what you already have and there must be a willingness to identify beliefs that are very deeply rooted, and you have to keep an open mind about what it means to be happy.

So let's talk about limiting beliefs that prevent you from being happy. Here's one: change is never good and something to be feared. What a limiting belief. You can imagine the unhappiness that accompanies it. Realize that the process of change brings about things that you can look forward to. Change is a necessary part of life.

Moving forward, remember the story I shared with you about my friend who wanted to control everything in his business as far as the money goes and how this was actually a limiting belief? He felt that to let go of this was to put it into other people's hands, and to put it into other people's hands was to trust people, and the people were essentially untrustworthy.

That was the full extent of his belief and it manifested in him having to do things he felt he had to do that he really didn't have to do. His time could have been better spent doing other things.

He had a limiting belief but change was the needed ingredient. He had to change in order to free himself.

The process of positive change brings about things that you can look forward to. What about this limiting belief: if I only had more I could be happy (and you can fill in the blank). More money, more good looks, more time, more weight, more height, more weight loss, more friends, more things.

Those who are always looking for the next thing or things to make them happy fail to realize that this behavior, this thought process that turns into a series of behaviors, in fact, completely eliminates the chance of ever reaching happiness. Think about it.

If your happiness is always out there in the future then when are you happy? Perfection should always be in the future. It's a motivator. It's something that moves you forward, but in the moment you need to be happy. You need to be happy with who you are, what you are, what you have, what you're doing, who your friends are, where you are. All of it.

You need to be happy in each moment because that is all your life will ever be. The moment. That's all you ever have, is right now. Right here. What's going on right now, you need to be happy with that. When you are, then the next step becomes easy because you're happy right now and you're excited about moving into the future.

You attract more of the same. Using the law of attraction you attract more of the same to you, and I want you to get more of the good stuff, more of the positive stuff, more of the beneficial stuff. Here's another limiting belief that can really keep you unhappy. If that's the way you want to be, then this one ought to do it. It is: holding grudges and seeking revenge will make me happy.

My goodness. Maybe you've never directly stated that to yourself but maybe you're holding that as a deep seated belief that's directing you. It's causing you to do certain things. If you're holding onto a belief that says that revenge and holding grudges will make you happy, it might feel good while you're doing it but the novelty soon wears off.

You may get a kick out of seeking revenge and holding a grudge but it's going to wear off very quickly. Forgiveness is the only way to heal those things that make you sad. You've got to release them. Otherwise you continue to carry them with you. If someone did something to you, rather than seeking revenge or holding a grudge, do yourself a favor and free yourself from it by letting them go out of your mind.

Otherwise the damage that can be done by whatever they did will continue because you're allowing to continue. You're allowing it to live in your mind. Let it go. Forgiveness is the only way to heal those things, the things that make you sad. So practice forgiveness.

Here's another limiting belief: my past prevents me from being happy. Wow. There's nothing that can prevent you from happiness other than yourself. That's the only thing that can prevent you from being happy. Rather than allowing anything in the past to dictate your present feelings, how about embracing a new relationship with yourself in which you believe in being happy right now.

Let go of the past. Let go of holding on to it. Realize the future is just there as a concept, as a motivator. You live in the present. Be happy now. Here's another limiting belief: I have to live up to the expectations of others. To one degree or another, all of us hold this belief. From very early on we're expected to begin crawling, to begin walking, to begin moving, to begin talking, to begin doing this and doing that. Then what happens?

It's just like a band releasing a hit recording. They're expected to release another one and then another one. Once you have one success you're expected to have more successes. Success in school, success in life, success among friends, success in the job place. It goes on, and on, and on doesn't it?

Well, of course it does. That's part of the excitement of life. Your parents and your friends want you to succeed. They want you to move forward, but what is the setup? What's the cost? The cost is that you're feeling that you have to live up to the expectations of others. Let's face it, other's encouraged you to walk, to talk.

They drove you to school. They did things for you and they expected things in return. They expected you to perform. So instead of feeling that you have to live up to the expectations of others, even though we've all been programmed that way, instead believe that by doing your best you have done enough. Isn't that all anyone ever wanted from you anyway?

By doing your best you've done enough. No one should attempt to live up to the expectations that make them miserable. If you are attempting to constantly live up to expectations of others but that process is making you miserable, then think about it. Think about the logic in it. There's a lot of logical analysis in this program. You may have noticed.

The analysis sets you free. So break that apart. Think about it. Are you attempting to live up to the expectations of others, only to find that it's making you miserable? Why would you do that?

Set yourself free from that and remember that no one should attempt to live up to the expectations that make them miserable. Why do it?

If it's about happiness and feeling good about yourself, and letting go of your limiting beliefs, then why limit yourself to a miserable life? Set yourself free from that. Here's another limiting belief: I must always be right about everything.

Now, we don't all admit that, but to one degree or another, we all hold that somehow, somewhere, in our minds, that we have to always be right about everything. Not to that degree, per se, but every now and then, you may find yourself in a discussion feeling you need to be right.

Maybe you don't feel you always need to be right about everything, but to some degree that is true about all of us. We feel a need to be right, to be justified, to be validated. We feel a right to have people say, "Yes, you are correct," but holding on to that and taking it to an extreme can be a limiting belief. If you start to extend it outward in the directions of "always" and "everything", that's where it becomes a limiting belief.

Being wrong gives you the opportunity to learn a lot more, so believe that being wrong can be even better than always being right. I enjoy when I'm wrong. I enjoy when I don't know something, because it gives me an opportunity to learn more. If I'm always right about everything, and if I always know everything, then where's the opportunity for learning and growth?

Realize the power and the wisdom in admitting that you don't know everything, that you're wrong sometimes. First of all, it creates a feeling of acceptance from other people. They can accept you for being human. If you're presenting yourself as lofty and above everyone and knowing more than everyone, first of all, they see right through that.

Second of all, when you admit to yourself and others that you don't know everything and are not right all the time, it opens you up to receiving love from them, because they are able to see you as more of a human.

This is actually a psychological effect. When people see someone admit they have made a mistake or don't know everything, it is a measurable psychological effect -- in other words, it's been measured in studies -- that they will actually feel more rapport with that person. They will like that person more. This sounds counter-intuitive, doesn't it? Doesn't it sound as if you knew everything, people would perceive you as being a quality person, a good person, a better person than most?

In most cases, yes, that is admirable. People like to associate with people who know a lot of stuff, who have a lot of information, and who are right most of the time. But if every now and then you admit that you don't know something, or that you made a mistake, this actually establishes rapport. This causes people to like you more. This is a measurable effect!

First of all, let go of the idea that you always have to be right about everything. Second of all, embrace the idea that being wrong gives you the opportunity to learn more, and also realize that it is actually advantageous for you to admit that you're wrong every now and then, or that you made a mistake.

I read another study that talked about doctors being sued, medical doctors being sued for malpractice after surgery. In many of the cases, when the doctor came out and said, "I made a mistake," there was no lawsuit by the family. In cases where the doctor didn't admit to making a mistake, however, the odds of a lawsuit being filed against that doctor skyrocketed. People respect people when they are honest and admit to being human.

Let go of the limiting belief that you must always be right about everything. Here's another limiting belief: There is no such thing as happiness; true happiness is a myth. Wow! What a huge limiter? Despite the claims that happiness can only be pursued, there are happy people, so this provides evidence that this belief is completely wrong.

If happiness is a myth and there's no such thing as happiness, then why are all these happy people around? If you hold on to that idea that happiness is a myth and doesn't exist -- and I hope you don't hold on to that -- I invite you to use as evidence for that people around you who are genuinely happy.

Here's another limiting belief: I have no control over my happiness. Not only can you have happiness, but you can create it out of thin air. You can be happy right now. Again, psychological studies show that when you smile, you make yourself happy. It's as simple as that!

I could go into detail about why and how that works, but I want you to realize that when you put a smile on your face, it causes you to be happy. You can actually make yourself happy. You do have control over your happiness.

Let's talk about how to overcome these happiness-blocking beliefs. This is another opportunity to use the NICE method. First of all, Notice when you feel unhappy. Intervene by identifying the negative belief source. Change the belief by countering the reasons with reasons to be happy, and Embrace the new beliefs and allow them to become a source of happiness.

Again, N for Notice, I for Intervene, C for Change, and E for Embrace. All right, so now you have the information that you need. Congratulations! You made it to Day 8! What's your homework? Your homework is to review the program and continue doing any exercises that either not complete or exercises that really resonated with you. What have you learned?

In Day 1, you learned about preparing yourself to change limiting beliefs. We talked about what a belief is and how to identify limiting beliefs as well as understanding the chains that are the limiting beliefs holding you down. You also learned how to break the chains. You learned how to identify emotions that are paired with limiting beliefs, and use this method for all limiting beliefs. That was just Day 1!

Then in Day 2, you learned about negative self-beliefs that rule your life. You learned that what you believe about you is a huge deal. You learned that changing beliefs can be tricky but very rewarding. You learned that ending limiting beliefs will lay the foundation for success, that you learn to start doing things differently, changing your self-beliefs.

Then in Day 3, you began to understand beliefs about doubt and fear that held you back in the past. You learned about limiting beliefs and fear. You learned to think of fear as something you experience before something amazing happens.

You learned how limiting beliefs and doubt are related. You learned to surround yourself with people that motivate, inspire and encourage you. You learned about fear and doubt versus intuition, and the huge difference between them.

Then in Day 4, you learned about beliefs about people and relationships that could be ruining your life or potentially ruining it in the past, but you stopped that because you learned the most common negative beliefs about people. You learned to let go of all sorts of negative beliefs, such as there not being any trustworthy people, or friends will always stab you in the back, or you make a terrible friend, or having friends is not worth the trouble. You learned to let go of all those beliefs.

You learned about relationship beliefs that prevent you from experiencing love. You learned to break the chains that were holding you back from having a powerful social and love life. You learned to incorporate your new beliefs about people and relationships into your life. You learned to take these positive relationship beliefs and prove them right.

Then in Day 5, you learned about beliefs about perfection and failure, that had stopped you in the past. You learned about limiting beliefs concerning perfection and failure, and you learned

to embrace perfection and mistakes gratefully. You learned the NICE technique: Notice, Intervene, Change, and Embrace.

Then in Day 6, you learned about beliefs about wealth that in the past kept you from having money. You learned that your money beliefs may have been subconsciously preventing you from having or keeping money. You learned to let go of a whole list of limiting beliefs, such as money being the root of all evil, and the only way to get wealthy is to work hard, and you can't enjoy what you do and be rich, and other beliefs.

You learned to let them all go. You learned to let go of beliefs about being wealthy. You know that rich people are snobs, that if you choose wealthy, you can't truly be happy, that getting rich turns you into an evil and greedy person. You learned to let all of that go.

You also learned healthy replacement beliefs that act like money magnets, such as pursuing your passion and enjoying what you do, and that leading to wealth. You learned that money is what allows you to enjoy your life and spread happiness to others.

You learned that people can make endless money using their brains alone. You learned that having an abundance of money brings peace and contentment, and you learned to find all limiting wealth beliefs and purge them and let them go. I'm talking about beliefs from your parents, your experiences, and beliefs that you may have taken on.

Then in Day 7, you learned beliefs about the future that have kept you from enjoying the present. You learned about negative beliefs for future events and how to let go of them. You learned how to break the chains of negative future beliefs using reasoning to instill hopeful beliefs.

Then finally in Day 8, which is today, you learned about beliefs that limit happiness and have potentially made you miserable in the past. You learned that your happiness is tightly intertwined with what you believe.

You learned about limiting beliefs that have kept you unhappy in the past, such as change is never good, or if I only had more I could be happy. You learned to let go of these and overcome these happiness-blocking beliefs. I am proud of you. You have persisted to the end and made it.

I want you to go out there and apply this technology. Remember to review any parts of this program that you're particularly interested in or that you feel you need to go over again. There's a lot of homework and exercises, so I want you to make sure that you have gone through and cleared out everything that had limited you before.