



Week 6 Lesson 1

START NOW

Upgrading your beliefs



Rewriting your limiting beliefs

DISEMPOWERING BELIEF (WITH A PENCIL)	EMPOWERING BELIEF (WITH A PEN)

Write down with a pencil all your disempowering/limiting beliefs you discovered in one column. Write the truth/empowering beliefs next to it in another column with a pen (if you can).



Negative beliefs

Read the negative beliefs, stop at each belief and tune in to how your body feels. Answer the following questions:

Do you have some stress and anxiety around this belief? I want you to know that it is safe to feel these feelings.

How do you feel? Why do you feel this way?

When did this belief start? Where did this belief come from?

Is this belief true or just a story?

Are you absolutely sure it's true? If you were in court could you defend it?

Is it possible that it's not true?

How would you feel if it wasn't true?



Negative beliefs

Is the person you learned this belief from worth modelling in this area?

Can you let this negative belief go?

What will it cost you emotionally if you don't let this belief go?

What will it cost you in your relationships if you don't let this belief go?

What will it cost you physically if you don't let this belief go?

What will it cost you financially if you don't let this belief go?

How much money could you save if you stopped spending money on food that your body doesn't need?

What will it cost to your family/loved ones if you don't let this belief go?

Choose to let go and forgive any people or situations that caused you pain in the past. Forgiveness sets you free. Forgive yourself too! The more positivity you add into your life, the better you will feel, and the less you will need to find joy, fulfillment, or relief in eating.



Positive beliefs

Now for each negative belief write a new story reframed in a positive way. These are your empowering beliefs.

Read these too and feel the feelings that come up. Tune into your body again and answer the following questions:

What would your life look like without compulsive eating?

Imagine that while you're asleep tonight a miracle happens, and your problem is completely solved.

When you wake up what will be the first thing that tells you that this miracle has happened?

What will your perfect day look like?

What will you look like?

Who else would notice that this miracle has happened?

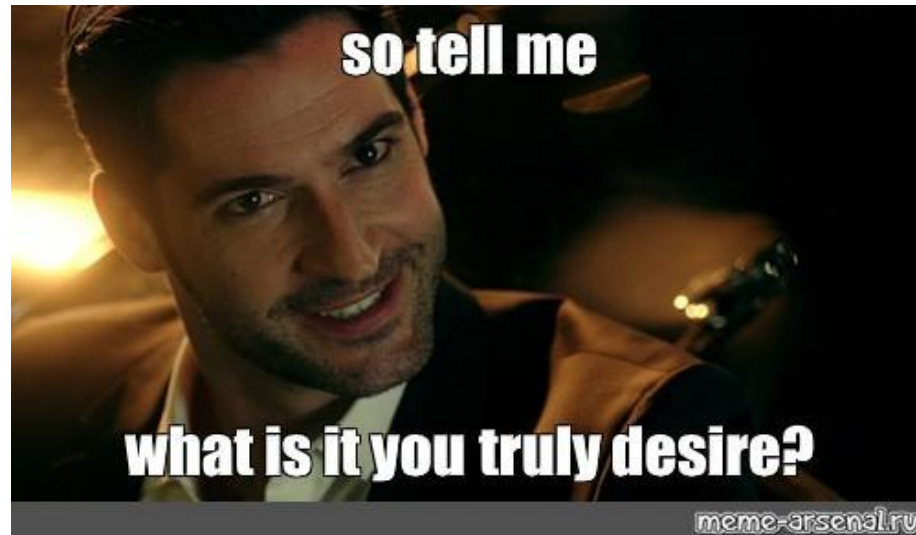


Positive beliefs

How would you behave if you knew it was all possible for you?

How would you feel if you knew it was all possible for you?

What is it you truly desire?



Which of your beliefs stops you from having what you desire?

What will you no longer be available for, as of today?

What are your new positive, empowering, life-enhancing beliefs?



Releasing negative beliefs

For 7 days read both columns every morning, or whenever you have a few minutes when you can be alone, and nobody disturbs you and feel the feelings that come up during the process.

After 7 days go through the limiting beliefs list and read the beliefs out loud and say after each of them to your subconscious mind:

“Thank you for storing this for me but it no longer serves me. Cancel, clear, delete”

& rub them off with a rubber or scribble over them.

Then to make the closure even more prominent burn the paper.



Next 14 days

From now on read only the positive beliefs for 14 days.

Really concentrate on the emotions and feelings that these positive beliefs generate for you.

Use them as mantras.

Track the days when you've read your beliefs: add ticks or "done" to the columns when you have read the beliefs and tuned into your feelings about them.

READ BOTH FOR 7 DAYS

Day	Disempowering beliefs (pencil)	Empowering beliefs (pen)
1		
2		
3		
4		
5		
6		
7		

READ THE EMPOWERING BELIEFS FOR 14 DAYS

Days		Empowering beliefs
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		



Homework

Use the Rewriting your limiting beliefs worksheets to eliminate your limiting beliefs and replace them with positive beliefs.

Please don't skip this! It will change your life.

READ BOTH FOR 7 DAYS		
Day	Disempowering beliefs (pencil)	Empowering beliefs (pen)
1		
2		
3		
4		
5		
6		
7		
READ THE EMPOWERING BELIEFS FOR 14 DAYS		
Days		Empowering beliefs
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8		
9		
10		
11		
12		
13		
14		



Well done, you have done it!! You are amazing! You are making great progress.

Repeat this exercise 2-3 times a year or as often as you feel like your limiting beliefs are holding you back and keeping you stuck.

