



# Week 6 Lesson 2

Strengthening your positive beliefs

START NOW



# Strengthening your new positive beliefs

Beliefs started as ideas. You heard something from someone.

Then you looked for evidence to support this idea and the more evidence you found the stronger this belief became.

The problem is that you can find evidence for whatever you want to concentrate on.

The references we find are always distorted by our perspective and our brain filters for the information that supports our beliefs.

**So now, to strengthen your new empowering beliefs, look for pieces of evidence that prove the positive belief true. Look for at least 3 references for each of your new empowering beliefs.**

NEW EMPOWERING BELIEF	EVIDENCE
1.	1.
	2.
	3.
2.	1.
	2.
	3.



# Strengthening your new positive beliefs

To strengthen your new empowering beliefs. Look for 3 references for each new empowering belief that prove the positive belief true.

Start acting as if you believe your new beliefs. Your subconscious mind will start to filter for information supporting your new beliefs.

Also, start to take action based on your new beliefs. The results of these new actions will provide new evidence to prove your new beliefs.

If you are still struggling, ask yourself:

- What would I have to believe to succeed?
- What would my successful future self do in this situation?
- Who is already successful in this area and what do they believe that I don't? Copy them. Spend time with these people and their positive beliefs will rub onto you too.





## **Strengthening your new positive beliefs**

- The more opportunities you have to see positive examples of a healthy relationship with food, weight management without dieting, love, success, and happiness, the more you will change your beliefs about your own life and possibilities.
- If you can't find these people in your real life, find them online. Listen to uplifting podcasts, for example, or watch happy movies, find positive online friends.



## Fun tips

- Use canva.com or PowerPoint to create graphics for each of your positive beliefs and set them as a rolling screensaver on your desktop and phone.
- Record your positive mantras in your own voice and listen to them while you meditate and before you go to sleep.
- Write your empowering beliefs on post-its and stick them where you can see them.
- Use a lipstick and write your favorite empowering belief on your bathroom mirror so that you see it first thing in the morning and before you go to bed.





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



# Homework

- Look for 3 references for each new empowering belief that prove the positive belief true.
- Start acting as if you believe your new beliefs. Your subconscious mind will start to filter for information supporting your new beliefs.
  
- Also, start to take action based on your new beliefs. The results of these new actions will provide new evidence to prove your new beliefs.
  
- If you are still struggling, ask yourself:
  - What would I have to believe to succeed?
  - What would my successful future self do in this situation?
  - Who is already successful in this area and what do they believe that I don't? Copy them. Spend time with these people and their positive beliefs will rub onto you too. If you can't find these people in your real life, find them online. Listen to uplifting podcasts, or find positive online friends, e.g. in our private FB group.

Choose from these fun tips:

- Use [canva.com](https://www.canva.com) or PowerPoint to create graphics for each of your positive beliefs and set them as a rolling screensaver on your desktop and phone.
- Record your positive mantras in your own voice and listen to them while you meditate and before you go to sleep.
- Write your empowering beliefs on post-its and stick them where you can see them.
- Use a lipstick and write your favorite empowering belief on your bathroom mirror so that you see it first thing in the morning and before you go to bed.

