

# Live Well Lifestyle Webinar Recap & Recording

August 20, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



## **Topic:** Examining Non-Serving Beliefs

Would you agree that a belief is just a thought you keep thinking? First the thought becomes a habit and from there evolves into a belief. You have a negative or positive thought and it manifests as a negative or positive experience and you recognize the correlation. Then the next time you have that thought you notice the same results and poof, you have a new belief.

And if you believe that Thoughts Become Things can you see how you reinforce the 'belief thought' until it becomes your reality and proof that your belief is valid. Like if you believe relationships are hard, notice how that plays out in your life. And if you believe you can't get ahead in life. Have you notice that things keep happening just as you start getting ahead that keeps you in the hole? Do you know people with victim mentality and people always take advantage of the? People who have a victim belief you will draw predators to you who will take advantage of them. It is a magnetic attraction.

It can be a belief you adopted from someone else, like a parent or person of influence. Or a belief you developed on your own given an experience or assumption about life.

To the degree that you can believe you CAN achieve. What if you believed everything ALWAYS works for you? What could you accomplish?

Many times I hear people who live on a fixed income believe there limited income is all they can ever have. What if you believed abundance comes to you from many unknown sources and opportunities? What are the thousands of opportunities available to you to receive or allow more money in your life? As a man thinketh!

Funny thing about thoughts, the body always follows the mind. So what beliefs are you holding onto about your health and how are they manifesting in your life? I know people who have a plethora of things wrong and they vehemently believe that nothing works. And they begin telling all the things that didn't work. Are you beginning to see the pattern? They are creating the 'nothing works belief'!

As captain of your ship you get to choose what you believe. How do you want to see your future? Today is a blank slate and you are holding the pencil. Make a list now of how you want this day to be for you:

I intend to be happy, loving, kind and inspiring.  
I intend to be thankful and in gratitude for what I have now.  
I intend to be better in health, and actions than I was yesterday.  
I intend to allow and welcome abundance.  
I intend to share my gifts and talents.  
I intend to look forward to good things happening in my life.

**Can Do Card:** I have unlimited potential. Only good lies before me.

**Wisdom Card:** The joy I find in my career is reflected in my overall happiness.

**Power Thought Card:** I am willing to let go. I release others to experience whatever is meaningful to them, and I am free to create that which is meaningful to me.

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