



HOW TO REPROGRAM YOUR THOUGHTS



You know those thoughts in your head that prevent you from moving forward? The ones that want to keep you safely in your comfort zone? Those thoughts have good intentions, but ultimately keep you stuck in your own hamster wheel.

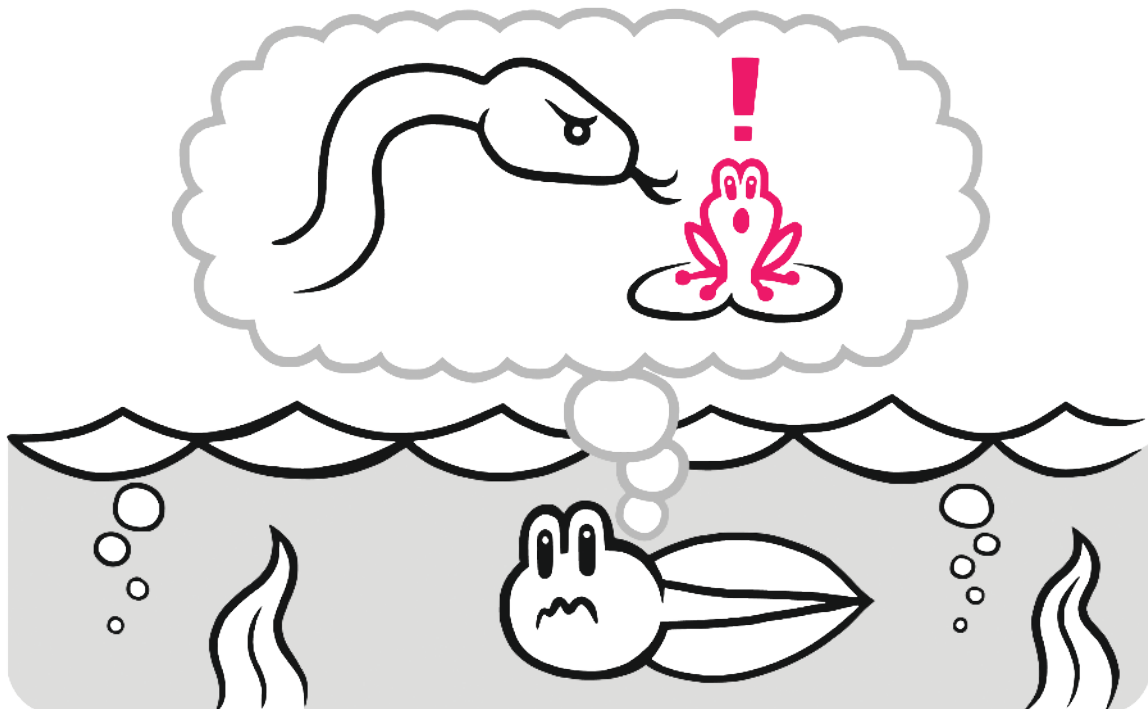
When you change your thoughts, you change your reality.

So... how do you change these thoughts? How do you reprogram the inner voices no longer serving you, so that you can move forward with intention?

These 6 steps will help reprogram your thoughts so you can upgrade your life:

STEP 1

IDENTIFY THE CURRENTLY RUNNING PROGRAM.

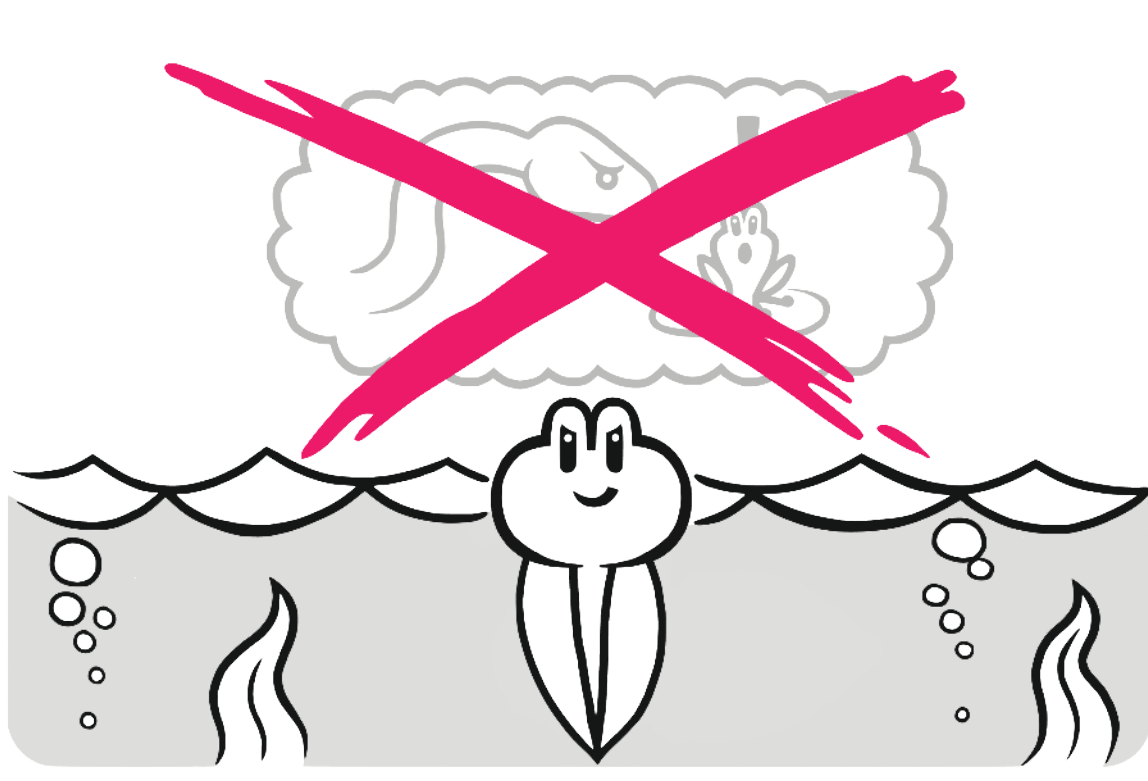


What is the exact thought that keeps reappearing? "I can't do this"... "I can't afford this"... "This isn't possible"... "This is too risky"... "I don't deserve this"... "What will people say about me?" "Will people be angry with me if I decide to go for what I want?"

Whatever it is, give this program a name. For example, the "I am not good enough program." You might have more than one running. Address them one at a time.

STEP 2

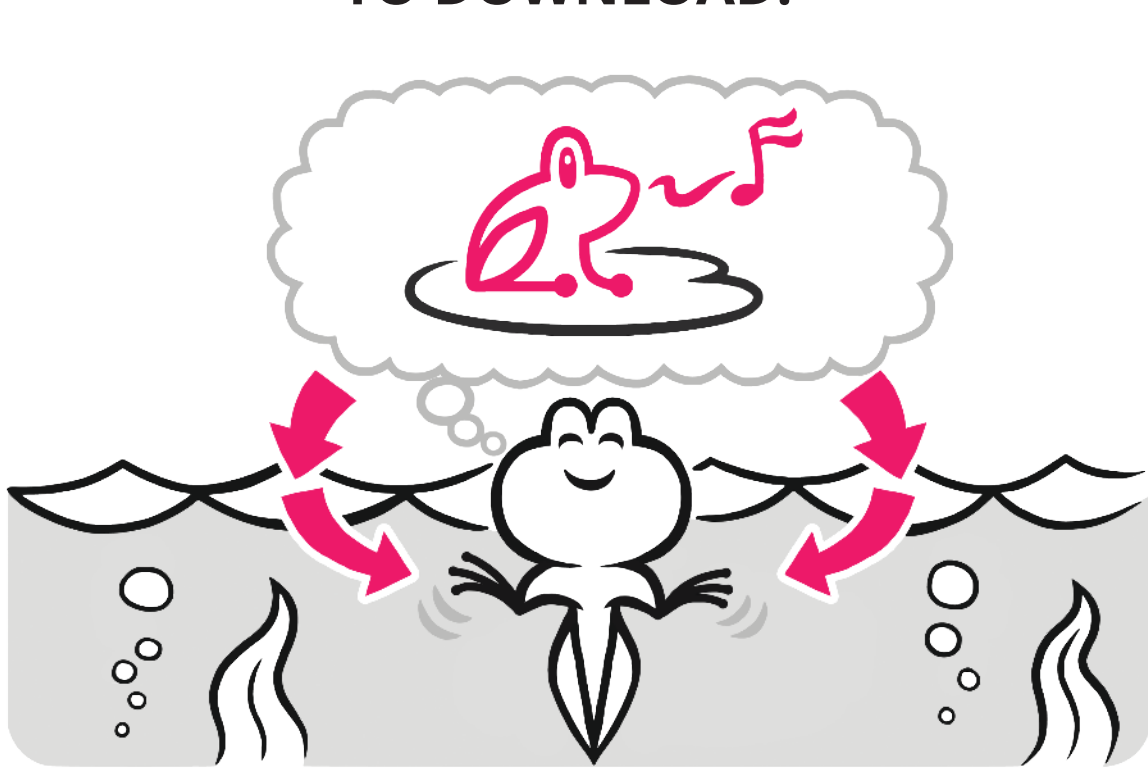
TERMINATE THE PROGRAM.



Decide to consciously terminate and remove the program. Visualize it being completely and permanently destroyed. You can even write out the old program and burn it saying: "I release you."

STEP 3

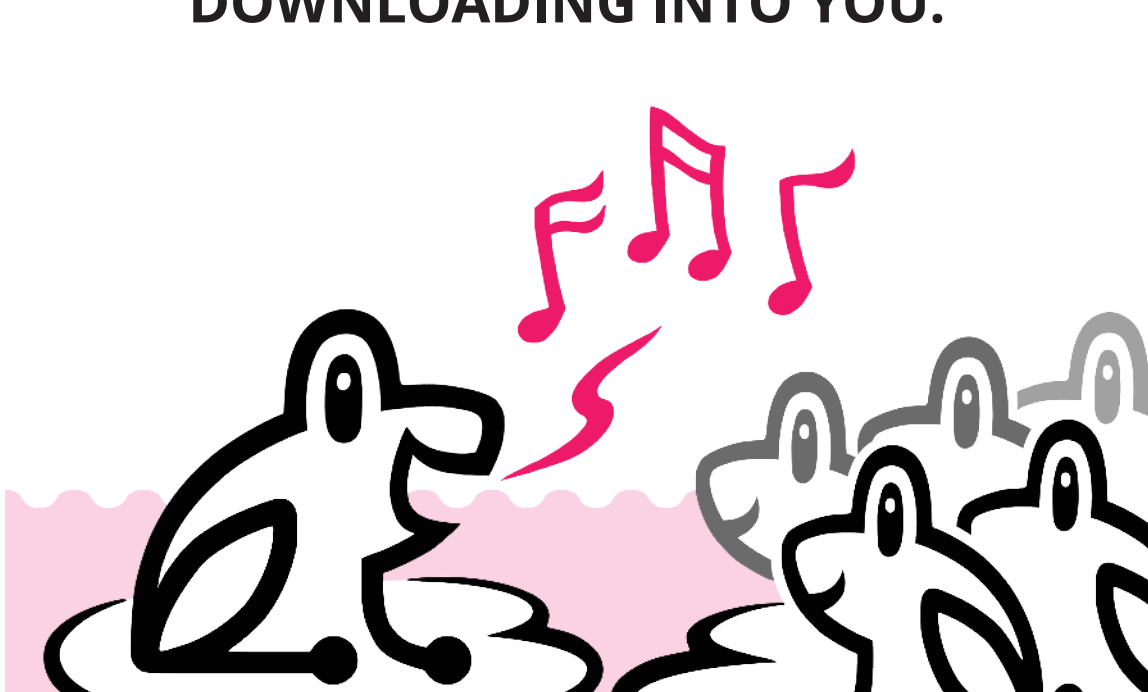
CHOOSE A NEW PROGRAM TO DOWNLOAD.



Choose something like, "I am worthy" or "everything is possible" or "I can do this" or "I can be super joyful doing what fuels me." Something that resonates with you, inspires you and opens you up to new possibilities.

STEP 4

VISUALIZE THE NEW PROGRAM DOWNLOADING INTO YOU.



Sense how good it feels as every cell of your body accepts the new program. Visualize the benefits it will bring you - feeling worthy, loved, respected for who you are, valued for what you do...singing your own song and inspiring others.

Step 5 DISABLE YOUR FAIL SAFE.

That old program may try to resurface. Especially if you run into challenges or difficult circumstances. Don't allow this internal fail safe to activate. Remember how you destroyed it. Tap into the energy of your new program to keep moving forward.

Step 6 REPEAT THE CYCLE.

Negative thoughts are sneaky. They start off as reasonable caution, a risk that doesn't feel right or something not going the way you hoped. Before you know it, an invasive program is taking over and holding you back all over again. When that happens, repeat the above steps to reprogram your thoughts.

Remember that you always have a choice.

Don't allow programs that don't serve you to stay running. Keep choosing to upgrade your programs to ones that move your life in the direction you truly want.

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