

A Gift for You...

Discovering Subconscious Beliefs



By Boni Lonnsburry

Beliefs *seem* solid. They seem as if “this is just the way life is”. But it isn’t the way life is. Life is the way you create it being. And your

Ask yourself these three critical questions when you are looking for your constrictive beliefs:

- 1. What do I want?**
- 2. What do I have?**
- 3. What would someone have to believe to have created what I did?**

Here is an example of how this might look for an issue with work:

WHAT DO I WANT?

I want to create a job I love! I want to create being paid well for that job. I want to create security and freedom and creativity in my work. I want to work with great people and have amazing opportunities presented to me on a regular basis in my career.

WHAT DO I HAVE?

I have no job and no *prospects* of a job. I seem to create plenty of opportunities for jobs, but they are always jobs I hate. And if I like them in the beginning, it isn’t long until I’m bored silly or my boss turns out to be a jerk. Money is always, always, always a struggle. I know what I’m good at, and I know what I love. But I can’t seem to find a job that allows me to do those things. I’m tired of living like this!

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WHAT WOULD SOMEONE *HAVE* TO BELIEVE TO HAVE CREATED SUCH A REALITY?

Someone would have to believe one or a number of the following beliefs:

I cannot be paid well for what I love to do.
Work is hard.
Work is a struggle.
I cannot create a job I love.
There aren't any good jobs out there.
Making money is difficult.
I do not have control over whether I find a job.
These economic times are rough so it's not surprising I can't find work.
Bosses are jerks.
I will never find a job I love, doing what I love to do and being paid well on top of it.

These beliefs would be changed to:

I can be paid well for what I love to do.
Work is fun.
Work is a joy.
I can create a job I love.
There are many good jobs out there.
Making money is easy.
I do have control over whether I create a job.
These economic times are illusory so it's my choice to create work.
Bosses are supportive.
I will absolutely create a job I love, doing what I love to do and being paid well on top of it.

These questions can be used over and over to determine what beliefs you likely hold. Become as detached as possible when you ask yourself these questions. Think about it as an objective third party would think about it.

Create the list of possible beliefs and sit with each one and ask yourself, *"Is this belief mine?"*

It is important to note that the only one who can truly identify a belief is the person who holds that belief. Others may be able to help, but only you can tell if it feels (usually in your gut) like it's yours.

And then, of course, change them!!