

THE MANIFESTATION HABIT SHIFT IT MINDSET EXERCISE

Mindset Exercise:

What limiting beliefs come up when you think about manifesting your desire. What are the "buts" that come up. What are all the reasons why you think it's not possible for you to have what you desire or make manifesting a lot more difficult than it needs to be?

Think of a limiting belief that you have in that area. "I believe _____ about/in order to/to have/to be _____."

Here's an example:

"I believe I have to be working every spare moment of my day in order to be financially successful as an entrepreneur."

Now once you've honed in on the belief you want to take you want to ask yourself why? Why do you believe that?

"Because you have to work really, really hard to be successful."

Ask yourself why again? Get down to the root belief.

"Because my parents always had to work hard to make money and we never had enough. I never have enough."

Is that true? What evidence proves your belief wrong?

"No, not everyone has to work hard for their money. There are a lot of people who make tons of money with ease and joy."

So why do I believe it applies to me?

What are the benefits of believing this? What have been the consequences?

Keep going..... DIG! DIG! DIG! DIG!

Continue coming up with proof of why this belief IS NOT a truth. Show your ego why it's not true. The more you do this the more this will begin to shift your perspective right down to your subconscious.