

21 Day Beliefs Replacement Training

Things to remember:

1. All your emotional pain can be transformed to peace if you learn to discipline your mind.
2. Disciplining your mind is: understanding and believing that you are in control of your thoughts. Therefore, choose those thoughts that bring you peace.
3. Since most of your thoughts are driven by false beliefs you have about yourself this 21 day routine will help you shift those beliefs from false painful beliefs to true peaceful beliefs.

List the False Belief you would like to shift:

List the Truth you would like to replace it with:

As you wake up each morning, remind yourself of your mission for the day. Work with your mentor to come up with a list of circumstances and people that trigger this belief in you. When you are in those circumstances or around those people, be aware of the belief coming up and mentally replace it with the truth. Use the Trigger Worksheet to develop your list of triggers.