

“The Power of Your Belief System”

The Beginning (One-liners)

We have all heard one-liners while growing up. The following are some of the negative ones you may have heard. When we totally concentrate on any one given subject, it goes to our sub-conscious mind.

(A form of hypnosis) Beliefs were formed by a child who didn't know any better.

“Change Your Beliefs and You'll Change Your Results”

Confidence belief barriers.

What did you decide to believe about yourself from these one-liners that you may have heard?

- "You can't do that!"
- "You're stupid!"
- "You'll never amount to anything!"
- "Act properly!"
- "You're a walking accident!"
- "Why can't you be more like your brother?"
- "When everything is going great, you screw it up!"
- "You're a liar!"
- "I'm disappointed in you!"
- "You're not going anywhere looking like that!"
- "You're immature!"
- "You're irresponsible!"
- "I don't believe you!"

Did you hear any of those one-liners, when you were growing up? If you did, what results are you getting from believing them today? Are any of them holding you back from having a true inner confidence? They are, if you kept them as part of your belief system. If you believe you're a walking accident, then you've got a lot of doctors' bills. If you believe that, when everything is going great, you'll screw it up, then you will! "You'll never amount to anything" What do you still believe about that one?

Goal setting belief barriers.

What have you decided about setting goals for yourself from these one-liners?

- "Good things don't come easy!"
- "Life is tough!"
- "Life's not a bowl of cherries!"
- "You're wearing rose colored glasses!"
- "Don't get your hopes up!"
- "Boy, you have some imagination!"
- "You're a dreamer!"
- "You're going to be fat one day!"
- "You can't hold onto money!"
- "You'll never amount to anything!"
- "Boy, you're lazy!"

If you've heard any of these while you were growing up, I'll guarantee you that it's difficult for you to set goals and achieve them. "Good things don't come easy"...If you believe that, then you are going to miss out on a lot of good stuff. How about..."Don't get your hopes up"...Very little will happen, unless you get your hopes up, or what about..."Boy, you've got some imagination"...

Nothing ever happens unless it's imagined first.

Believing those one-liners about you was a very unhealthy thing to do. It's time to re-evaluate their validity. Get consciously involved with what you are saying to your sub-conscious mind. What one-liners did you hear and believe that you can identify if you consciously think about them? Are they holding you back today? Identify these beliefs, re-evaluate them as an adult. Make a change in your thinking. Without question, you'll automatically see positive changes take place. If you believe good things come easy, they will.

Guilt belief barriers.

How about these one-liners? Are you, perhaps carrying some guilt or negative beliefs from these?

- "You don't care about me!"
- "I hope, when you grow up, you'll have kids just like you!"
- "You'll be the death of me!"
- "You don't worry about anyone but yourself!"
- "You think the world owes you a living!"
- "You're a bad example for your brothers and sisters!"
- "Other kids don't pull that stuff!"
- "You are giving me a nervous breakdown!"
- "I do everything for you and you do nothing for me!"
- Identify a belief, a one-liner, the next time you feel guilt. You'll laugh and decide you're not going to believe that one anymore. You'll feel the result. It's that simple!

Uncommon-sense

I've heard some one-liners that I'd call uncommon-sense.

- "Do you want a spanking?" ...*I can't imagine I'd want that.*
- "Don't get smart with me!" ...*I thought being smart was good.*
- "Shut your mouth and eat!" ...*I didn't know how to do that.*
- "If you get your feet cut off by the lawn-mower, don't run to me!"
- "You can cut yourself with that knife!"
- "You don't know what happiness is!"
- "Do you think I'm made out of money?"
- "This is going to hurt me more than it hurts you!"
- "If Billy jumped off a cliff, would you?"
- "You're asking for trouble!"
- "Don't ask why!"

Are you saying to yourself, "that's the way I am? I can't change." That's one you better stop saying to yourself right now, because if you do believe that, then change is impossible.

Here are a few more you ought to think about...

- "If I take one bite, I'll eat the whole thing!"
- "I know I can't do that!"
- "Everything I eat goes to my thighs!"
- "I'm shy!"
- "I fly off the handle too easily!"
- "I catch colds easily!"
- "I have a bad temper!"
- "I never cry!"
- "I can't make decisions!"
- "I'm a procrastinator!"

How does your sub-conscious know you?

Are you saying any of these to yourself? Remember, your sub-conscious is listening to everything you say.

- "When I get some money, I'll be happy!"
- "When I move to my new place, I'll be happy!"
- "When I get married, I'll be happy!"
- "When I lose weight, I'll be happy!"
- "When my kids start listening to me, I'll be happy!"
- "When I get a new job, I'll be happy!"
- "When the weekend comes, I'll be happy!"
- "When my vacation comes, I'll be happy!"
- "When I stop smoking, I'll be happy!"

For a simple method that will help you change some of those negative beliefs into positive ones, be sure to read my article on “Common Sense Stress Management”

**Henry Ford said “Believe you can, Believe you can’t...Either Way You Are Correct”
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