



What's Your Story

Our life is the result of the daily habits we practice. Our daily habits are thoughts we think, which announce to the world with the stories we speak and think. If you want your circumstances to change (health, relationships, finance, happier, confidence) then we have to begin to tell a new story and re-write the programs (stories) we keep playing in our brain.

How do you re-write the program? By asking different questions.

So rather than ask:

FEAR & VICTIM FOCUSED (don't ask this)	FOCUSED ON HOPE (ask this!!)
<p>"Why am I such a loser?"</p> <p>"Why can't I make this work?"</p> <p>"Why is this so hard?"</p> <p>"Why can't I ever get ahead?"</p> <p>"Why do bad things always happen to me?"</p> <p>"Why am I so sick?"</p> <p>"Why does everything always fall apart?"</p> <p>"Why is my partner so annoying?"</p> <p>"Why is my boss such a jerk? " (your brain will search and find the reasons and give you all the reasons... is that what you want??)</p>	<p>"Why do things always work out for me?"</p> <p>"Why do people really like me?"</p> <p>"Why do people love to help me?"</p> <p>"Why do so many opportunities come my way?"</p> <p>"Why am I such wonderful friend?"</p> <p>"Why do people want to do nice things for me?"</p> <p>"What is great in my life right now?"</p> <p>"What is so amazing about my body, my health, my life?"</p> <p>"Why is so easy to stay slender and strong?"</p> <p>"Why is it easy to attract great friendships, opportunities and easy relationships?"</p>

Choose to ask the right questions that will lead you to your desired outcome instead of Fear & Victim questions!

Negative beliefs I have about me	Truth about who I am and what I have

Challenge for the week: After doing this exercise, ask DAILY: "Why am I so favored? Why does the Universe want me to be whole, complete and loved?" "Why is everything always working out for me?" See what happens after a week!!