

5 WAYS TO UPGRADE YOUR BELIEFS AND YOUR LIFE

1 Know exactly what you want

Clarity in what you want, material, spiritual, or otherwise, is absolutely necessary. You must know the details of what you want and why you want it. You've already taken a step toward this clarity in the earlier exercise and will shortly go through a strategic goal setting exercise to dive deeper on exactly what all of your goals are.



2 Think proactively and get aware of self-talk

Your thoughts are not you; you can be selective about your thoughts and what they mean to you. Start to take notice of your thoughts and realize that you're not your thoughts but just an observer of them. Remind yourself to be positive and replace negative thoughts with positive ones. Thinking negatively will never produce positive results, so for the sake of positive results alone, think positive.



3

Use the power of suggestion

The power of suggestion means for you to surround yourself with what you want so that what you want always surrounds you. I won't go into too much detail here but I will give you a few ways that you can use the power of suggestion and will leave it to you to learn more about each of these methods.



Methods

1

Visualization: Feel and think yourself successful as though the work is already done. See yourself in the position you wish.

3

Post its: write your goals or dreams on post its and stick them around places you spend a lot of time in – your office, your car, your mirror, your bedroom, wherever. You can also write post its that have affirmations on them as well.

2

Mirror affirmations, stand in front of your mirror, look into your eyes, and affirm the person you are. For example "I am worthy of being rich"

4

Surround yourself with friends with a similar optimistic mindset

4

Be patient and faithful



Nothing will work if you don't believe it will and nothing will work if you quit. Keep going and keep belief

5

Act



Act on the things that come your way that will help you get you to your goal. You can think and plan all you want, but at the end of it all it boils down to action. Take action on your imaginative mind and your beliefs. It's okay to mess up, but it's not okay to not start.

If you're serious about the rest of your life, you can start taking action right now by doing some of the things we just went over before we hit the last exercise in this section. You can start the process of upgrading your mind right now – remember, without action, you're just daydreaming.