

Exercise: What do You Believe About Your Success

Directions:

- Find a friend or spouse to be a partner for this exercise.
- Take 20 minute for each partner.
- **Partner A:** Report what Mom, Dad, friends, relationships, etc., taught you about your worth and your ability to create your life. You are not telling your story—just mentioning briefly what you learned to believe about yourself.
- **Partner B:** You are the Coach.
 - ▶ Listen and write down as many concepts your Partner tells you as possible.
 - ▶ Shorten the story your partner is telling you to a concept such as:
***I have to sacrifice myself for the good of others,
or my role is less important than my (brother,
sister, mom, dad).***
 - ▶ Continue on to the next subject, answering each one until you go through the complete list.

Questions

1. What did Dad tell you about being a success through his words and actions?
2. What did Mom tell you about you being a success by her actions, words and behavior?
3. What were you taught to believe about your social obligations to your family, job and culture and religion that inhibits your success?
4. List 3-5 of your greatest fears about increasing your success.

Exercise: Clearing Beliefs about My Success

In this exercise, you take the beliefs you discovered and use The One Command[®] to change them into the experience you truly want. Take 10 minutes for each Partner.

1. Identify the negative belief.
2. Identify what you would like instead.
3. Go through the Six Steps and The One Command[®] to create what you want.

Directions

Change the most important beliefs first, then switch roles.

One Partner is the Coach. The Coach asks:

What is the most important belief that you would like to change first?

Then the Coach guides the Partner through the following steps:

Step 1 – Identify the belief. [Record Partner's belief]

Example: If I am successful I will be a greedy person and harm others.

Step 2 – What would you want instead? (Record Partner's response).

Example: I am successful and generous and help others.

Step 3 – Go through the Six Steps and change using The One Command[®]. The Coach may use the Six Steps Short Version.

- Ground
- Align
- Go To Theta
- Command (example). (Use Partner's response in Step 2)
I don't know how, I only know that I am successful and generous and help others now, and I am fulfilled.
- Expand – here is the new information to visualize.
- Receive – unwind old beliefs and rewind new beliefs.

Change at least three beliefs in this manner and then change roles.