

**Here is a simple exercise to investigate some of the old beliefs that you might want to change.**

**Exercise: Beliefs about Living my Success DNA**

In this exercise **write out simple conclusions** of old programs that you discover. For example, what mom, dad, friends, relationships, etc. taught you about your worth and ability to create your life from your greatness, 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.

**What Dad told me about my worth through his words and actions.**

**What Mom told me about my place in the world through her words and actions.**

**What school experiences I had that framed my self-worth.**

**What Religion taught me about being rich and successful.**

(The actions or behavior of those you learned from are as important – or more important than the words. For example if dad came home from work, went to the refrigerator, got a beer and told everyone to leave him alone – then the actions of leave him alone creates many messages. Some of them might be – work is hard – or being alone is more important to dad than I am.)

## **Exercise: Clearing Beliefs about Your Success**

In this exercise take the beliefs that you discovered and change them with The One Command® into the experience that you truly want instead.

Step 1 Identify the negative belief

Step 2 What would you like instead

Step 3 – Go through the 6 Steps and The One Command

### **For Example:**

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

Step 1 - identify the belief: If I am successful I will be like dad and ignore those I care about

Step 2 – What would you want instead ***I am successful and show my care and affection to those I love.***

Step 3 – Go through the 6\_Steps and change with The One Command®

**GROUND**

**ALIGN**

**GO TO THETA**

**COMMAND**

***I don't know how, I am successful and show my love and care for others. I only know that I do SO NOW and I am fulfilled.***

**EXPAND – here is the new information**

**RECEIVE – unwind old beliefs and rewind new beliefs**

### **Or another example:**

Being a great success means no fun and all work

Change with The One Command to:

***I don't know how, I only know that I it is easy and fun to be a great success.***

Change the most important beliefs first and then change beliefs every day. You'll find an increase in your sense of well-being and actual demonstrations of what you Command arriving as you do!