

Aspire To Change Your Story!

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"I discovered that when I believed my thoughts, I suffered, but that when I didn't believe them, I didn't suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never

disappeared, not for a single moment. That joy is in everyone, always." ~ Byron Katie

Our story is a reflection of the thoughts and beliefs we have about who we are, what we can attain, what we can accomplish and what we're worthy of receiving. Who would you be without your story? You know, the story you tell yourself everyday about who you think you are. The story of your worth and value. The story of the many things you have experienced, that you wish you could change. The story about why the person you loved left you. The heart wrenching story you replay over and over in your mind of the betrayal and rejection you experienced, by those you loved the most. Reliving the childhood story that you'll never be good enough.

The negative story we tell ourselves, tends to....

- depress us...rather than elevate us.
- anger us...rather than calm us.
- breed chaos in our lives...rather than harmony.
- bring about confusion...rather than mental clarity.
- drain us...rather than energize us.
- attract the things we don't want...rather than the things we desire.
- drive people away...rather than deepen our relationships.

I want to invite you to change your story.

To change your story, you must change your thoughts. To change your thoughts, you must change your beliefs. Frank Outlaw said,

*“Watch your thoughts, they become words;
watch your words, they become actions;
watch your actions, they become habits;
watch your habits, they become character;
watch your character, for it becomes your destiny.”*

As a coach, I get to experience up close and personal, how negative thoughts and belief systems prevent many of my clients from living their best lives now. Their negative thoughts and beliefs have placed a lid on their happiness, potential and effectiveness.

To begin the journey of changing your story, I want to suggest you take these seven steps...

1. Ask yourself the following questions...

- What is the “truth” about my story?
- Who have I become as a result of my story?
- Who would I be without my story?
- Why must I change my story?

2. Feel and embrace every emotion that surfaces

As you answer each question above, you will experience a

myriad of emotions. Don't dismiss or ignore them, FEEL them. If you need to scream, scream. If you need to cry, cry. If you need to hit something, punch a pillow. Just stay in the moment and summon the courage to embrace what comes.

3. Envision the life you desire

Schedule time to visualize the life you desire. When you are living your best life, what does it look like, feel like, sound like, smell like, taste like? What are you doing? What new relationships have you developed? Who's no longer in your life? How much energy and vitality do you have? Where do you work? Where do you live? What are you passionately pursuing? Next, write down everything you envisioned and experienced during the exercise.

4. Write a new story

Review your notes and write a new story. That's right...create the life you desire! Don't focus on how you're going to get there, just focus on the WHY!

5. Identify the habits, behaviors, thoughts and beliefs that are not congruent with your new story

To change your life, you must change anything that doesn't serve you; that's not in alignment with what you are endeavoring to create. On a sheet of paper, list every habit, behavior, thought and belief that is not congruent with your new story.

6. Create "positive" affirmations to help you begin to reprogram your subconscious mind for success

Affirmations are words or phrases, said repeatedly, which affirms a single thought about yourself or other people. Affirmations become beliefs. This is how your internal programming was created. When you repeat something over and over, it becomes impressed upon your subconscious mind. This

impression becomes a belief, which becomes your reality. Whatever you repeatedly say, your subconscious mind accepts it as true, whether it is or not. You will need to create positive affirmations, to assist you in creating and living your new story.

Review the list of every negative habit, behavior, thought and belief you wrote down, and write a positive affirmation to counteract them. Here are some examples:

<u>Negative Affirmations</u>	<u>Positive Affirmations</u>
<i>I am so unhealthy. I don't take care of myself.</i>	<i>I am healthy and make daily commitments to live a healthy lifestyle.</i>
<i>I will never find a good job.</i>	<i>I am working at a job that I love and am able to make significant contributions.</i>
<i>I don't have enough resources to make this happen.</i>	<i>I have everything I need to accomplish my dreams.</i>

7. Increase your awareness of what you say when you talk to yourself

Many of us have a chronic problem of negative self-talk. I'll prove it to you. For one day, I want you to wear rubber band around your wrist. Every time you say something unkind or negative about yourself, I want you to pop yourself. I have had a few of my clients do this for a week. Within 24-hours, they were astounded by their level of negative self-talk and complained about the pain to their wrist. I insisted that they wear the rubber band for an entire week and asked them, ***"Would you rather experience this pain for 7 days, or experience the pain of not changing for 7 more years."***

I want you to increase your awareness about the things you say when you talk to yourself. As soon as you say something negative, I want you to immediately cancel it and say

something positive. Remember...

your words create your world!

I am the first to say that changing your story is not easy, but it's necessary. Joyce Meyer said, ***"You can suffer the pain of change or suffer remaining the way you are."***

I wish you much success on your journey.

CHANGE YOUR STORY AND ASPIRE TO GREATNESS!

Always Aspiring,
Your Friend and Partner-In-Success

What's Really Going On In Your Subconscious Mind?: The Power of the Subconscious Mind



THANK YOU TO ALL THE LADIES WHO TUNED INTO OUR SHOW TODAY! If you were unable to join us, due to the magic of technology, you can listen to the playback at <http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/02/16/whats-really-going-on-in-your-mind>

CALLING ALL LADIES!

DO YOU REALLY KNOW WHAT'S GOING ON IN YOUR SUBCONSCIOUS MIND?

Join me and Sandra H. Sawyer, Esq. on Blog Talk Radio, for a powerful 30-minute discussion on *"What's Really Going On In Your Mind: The Power of the Subconscious Mind,"* on Saturday, February 16 from 10:00 – 10:30 AM EST.

"Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives." ~ Robert Collier

The captain of your ship, which is your conscious mind, is responsible for navigating your life. When you make a conscious decision to do something, the subconscious mind is responsible for carrying out the order. What's going on in your subconscious mind, will determine how the order is carried out. Some of you may feel as if your ship is either steering out of control or headed in the wrong direction. Join us on Saturday, as we discuss why this may be happening and what you can do to get back on course. ([Please be sure to read "4 Powerful Ways to Reprogram Your Subconscious Mind To ASPIRE TO GREATNESS."](#))

To join us on the air, simply click on the image or link below or dial in at (714) 409-0612. Be sure to invite a friend.



You don't want to miss it; so let's hear you on the line ladies... "For Such A Time As This!"

WHO KNOWS IF YOU WERE PLACED IN YOUR JOB, BUSINESS, COMMUNITY, CHURCH, MARRIAGE, RELATIONSHIPS FOR SUCH A TIME AS THIS!

We look forward to you tuning in.

Always Aspiring,

Rosalynd

<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/02/16/whats-really-going-on-in-your-mind>

4 Powerful Ways To Reprogram Your Subconscious Mind to ASPIRE TO GREATNESS!



It's the evening before your 7-day Caribbean cruise to Antigua. As you pack your suitcase, you are filled with anticipation of all the fun and adventurous things you and your six friends will do while cruising on the ship and indulging in the sights and activities on the Antiguan Island.

Beep, beep, beep...the alarm reads 5:00 AM. You jump excitedly out of bed and shower and dress within record time. Screeching outside your doors are the tires of the yellow cab destined to the airport. As the driver zips and whizzes through traffic, you conference in the group to ensure everyone is en route to the airport.

Seven hours after the ship sets sail, you and your friends sense something has gone awry as you watch the staff move in a hurried fashion on the upper and lower decks. On your way to the restroom you overhear a crewman saying to another, *"Can you believe the ship is off course? They better hurry and reprogram the system so the ship can get back on course."* Like the ship, many of you are off course. Why? Because of the faulty programming in your subconscious mind. Before you get offended, we all have faulty programming. To get to the place you desire to be in life, you must reprogram your subconscious mind for success!

"You are like a captain navigating a ship. He must give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind which controls and governs all your experiences." ~ Dr. Joseph Murphy

So, what is the subconscious mind?

The subconscious is the part of your mind that is not immediately accessible by your conscious mind; it functions below your normal level of waking consciousness. Envision your subconscious as a huge filing cabinet that stores files such as: every wonderful and traumatic experience you have ever had, habits, skills, and every visual image you have ever seen. In contrast, the conscious part of your mind is responsible for logic, generating thoughts, being proactive and deciding which path to take. In your conscious mind, all of these functions are completely under your control, unlike your subconscious mind. The conscious mind makes decisions and gives orders to the subconscious mind. Therefore, the subconscious will carry out the directive based on what is programmed, not necessarily what you are requesting. Yes...I know, it sounds a bit scary....keep reading.

Your subconscious mind carries out the instructions of your conscious mind without questioning. Within your subconscious lies all your beliefs (including limited beliefs) and habits (what you do every day). Our beliefs and habits control our everyday life. Were you aware that 88% of your mind is comprised of the subconscious, which you do not actively control? On a daily basis you only use 12% of your conscious mind. Therefore, your subconscious mind is at the helm; it's running the ship—you.

Is your ship on course?

Are you sailing in the right direction?

Is your subconscious mind programmed to help you achieve success in every area of your life?

How to Reprogram Your Subconscious Mind

There are several ways to reprogram the subconscious mind. We will explore four powerful and effective strategies within this article. These strategies are affirmations, visualization, meditation and positive self-talk.

Limited beliefs and negative habits can be reprogrammed by using affirmations. The subconscious mind learns through repetition. ***An affirmation is a definitive statement asserting that something exists or is true.*** Every belief and habit you possess was formed through repetition; and we can implant new ones the same way. The first step toward implanting new beliefs and developing new habits is to know exactly what you really want to have, do and be. So, let's explore affirmations!

Strategy 1: Affirmations

Affirmations are an effective way to plant positive messages into your subconscious. It is one of the most effective ways to change a limited or negative belief. You must be careful of what you affirm as it becomes a self-fulfilling prophecy. If you continuously say "*this is never going to work,*" then it is highly probable that things never will.

Repetition of an affirmation changes the neural pathways in your brain over time to produce the new belief. Dr. Mona Lisa Schulz, MD, PhD, a practicing neuropsychiatrist and associate professor of psychiatry at the University of Vermont School of Medicine says, "*We can rewire the patterns in our brain with cognitive behavioral therapy or affirmations. Affirmations change the way our brains are wired and the brain lights up differently.*"

Here are some examples of affirmations:

1. I am a genius and use my mind, talents, gifts and abilities to produce wealth.
2. I am living a life of divine purpose and destiny.
3. I am emotionally, mentally and psychologically sound.
4. I am focused and driven to create the life I want and deserve.
5. I am a money magnet; money flows to me.

Strategy 2: Visualization

Visualization is a technique that involves focusing on positive mental images in order to achieve a particular goal. It is the ability to vividly imagine something—to “see” it in the mind’s eye—before it exists in any physical reality. Steve Jobs had a clear mental image of what the iPhone would look like and its functions and features before he and his team began to design and build it. Visual images have a huge impact on your brain, both consciously and subconsciously. Consequently, visualization is a great way to program/reprogram your subconscious mind.

Here’s a powerful example of visualization in motion:

Dr. Lee Pulos, a Sports Psychologist, Olympic Team Trainer, and the author of *“The Power of Visualization,”* describes an experiment the Soviets did with their 1980 Olympic Team and its highly skilled, world-class athletes. The athletes were divided into four groups using varying degrees of physical and visualization exercises. Below is a chart illustrating the methods used.

Groups	% of Method Used	
	Physical Practice	Visualization
Group A	100%	0%
Group B	75%	25%
Group C	50%	50%
Group D	25%	75%

So which team do you think won? At the end of the Moscow Olympics and the Lake Placid Olympics, Group D had won the most medals. There are countless other examples. **VISUALIZATION WORKS!**

Strategy 3: Meditation

Meditation plays a vital role in reprogramming the subconscious mind, because it helps to still the mind. In

this state, your brain becomes more receptive; it becomes fertile ground for whatever you want to “implant” into the mind. Your conscious mind engages in the activities of writing powerful goals, creating a vision state, and developing affirmations. To have those seeds take root and flourish into reality, we have to get those words and images soaked deep into our subconscious mind. Placing yourself in a meditative state is an excellent way to help that process. Regular meditation trains your mind to hold its focus without getting distracted. Over time, meditation helps you to become laser focused.

Strategy 4: Positive Self-Talk

Several years ago, I read a powerful book, titled *“What to Say When You Talk To Yourself,”* by Shad Helmstetter about the power of the mind and using positive self-talk as a tool to reprogram the subconscious mind.

On a daily basis, we spend more time talking to ourselves than any other person. Whether it’s a verbal tirade, an analytical discussion or the incessant chatter that takes place within our mind. Our self-talk dictates our mood, behavior and guides our choices and decisions. Perhaps the most powerful influence on your attitude and emotions is what you say to yourself, and believe. As I always say, *“It is not what happens to you that really matters, but what you say to yourself about what happened.”* Your response to the event or situation is what determines your thoughts and feelings and ultimately, your actions. By effectively managing your self-talk, you can begin to live your life on a higher level and create the life you truly want and deserve.

Your subconscious mind will believe whatever you tell it most. Therefore, you must spend time each day intentionally speaking positive self-talk to yourself. It is only through repetition that your subconscious mind will adopt its new programming. Then and only then, will you begin to change the autopilot of

your mind to think these new thoughts automatically.

So, how can reprogramming your subconscious mind help you to ASPIRE TO GREATNESS? Well, I am so glad you asked 😊 . Here's the quick answer, "EVERYTHING." Everything begins and ends in your mind. If you want to LIVE...DO...BE on a higher level, you must cultivate a mindset that will support that. So, let's start reprogramming our subconscious mind for success!

Based on what you have read today, please review the four strategies and share in the comments section below, what you WILL commit to do within the next 24 hours to help you ASPIRE TO GREATNESS! Come on now...no procrastination. Procrastination is for losers and you are a winner 😊 .

Thank you for sharing and have a FANSPIRING day my friend.

Always Aspiring,

Your Sister and Friend

Rosalynd