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BELIEFS

Life Coaching + Yoga + Essential Oils

HOW TO CHANGE YOUR MIND

Video #1: What are beliefs?:

Beliefs are merely _____ you've held for a very long time.

The irony about beliefs is they are often not _____ .

The two parts of our mind are the _____ and the _____ .

Our _____ mind sets goals and our _____ mind reaches goals.

We have beliefs on many levels:

- 1.
- 2.
- 3.
- 4.

The hallmark of a belief is it begins with _____ .

Three most common limiting beliefs are:

- 1.
- 2.
- 3.

Other notes:

Self-Study:

It is time to explore your own limiting beliefs! You know, the ones that have kept you stuck where you are. I want you to know that it can be easy to judge ourselves when we start realizing it is us that has kept us small in areas of our life. I encourage you to be excited because you are now taking control! That control can only be grabbed when you shine a light into the shadows.

So if you are ready, I am ready to take you through this process!

1. What area of your life is less than what you really want?
2. Trace your story in that area. Is there a time you remember being told something by someone that felt poignant? Was a belief implanted at that moment?
3. Start paying attention to your "yeah buts", especially around time, money and deservancy. What is your "yeah but"

Be sure to join me for the second part. We will be looking at SIX ways to begin to reprogram our beliefs!

Video #2: Six Ways to Reprogram your Subconscious:

So I am about to inundate you with awesome information. Take a deep breath. I want you to come out of this video with THREE things you are going to do moving forward. Make these three actions as simple as possible. Simple is good! Easy to maintain and will definitely make a difference! Then track the ideas you want to explore soon.

1.

2.

3.

4.

5.

6.

Self-Study:

What are your three actions?

- 1.
- 2.
- 3.

What do you want to explore soon?

Work on your I ams so we can do them together on the yoga mat tomorrow. Here are the steps to take:

Step one:

What is one old “I AM” statement you are ready to let release?

You can repeat this process for other areas of your life.
Just do one at a time.

Step Two:

What is your new “I AM”?

Make it strong because YOU are strong. It is okay if you don't believe it yet. In fact, you won't believe it yet.

If you did, you would have let go of the old story long ago and this process would be unnecessary!

Here are some examples. Be sure to tweak until it fits you. Each of these “previous” statements could be changed in a myriad of ways:

“I am always late.”

“I am comfortably on time.”

“I am disorganized.”

“I am organized.”

“I am irritated by traffic.”

“I am calm in traffic.”

“I am afraid of the economy.”

“I am in control of my finances.”

Now, write your own:

Step Three:

Write it where you can see it.

Write it on an index card and put it in your pocket to keep with you all day. For even more impact, write it on a post-it and stick to your computer monitor, write it on a piece of paper and tape it to the dashboard of your car, make it the screen saver on your computer. Whenever you are reminded of it, say it!

Step Four:

Take your “I AM” to your yoga mat.

Now it is time to use yoga to support your new belief. What is so fabulous about yoga is we can create whatever energy we need. For this series, we will create a feeling of strength. The strength will help you believe what you are saying since it was only fear and weakness that kept you believing the old story!

Video #3: Take your “I ams” to the Yoga mat:

Enjoy this series!

Video #4: One final thought:

The most important thing we can decide to ensure success:

And are you ready to say that for your own life? Yes | No

Ready for more?

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Be sure to find me:

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