

## **How To Program Your “Mind”**

The process of change is merely reversing the limited thinking and programming of the past. Our brains are not us, just as our hearts and lungs are not us. They are all a part of us. They each have role.

Our brains work by analyzing data. They monitor our internal states and the information from the outside world. Our brains help us interact with both our bodies and the external world.

Our emotional states are governed by our beliefs, our current conscious focus, and our expressions of language and physiology (the way we carry and move our bodies). Our subconscious minds affect all three areas.

### **Your Subconscious Believes You**

Your subconscious mind silently observes everything and accepts as real everything that it comes across. There is no separation, no classifying, in the subconscious process.

Everything the subconscious mind observes is as real to it as these words are to your conscious mind. When you view a person being shot on TV, the subconscious mind has no clue that this is not you getting shot. Your conscious mind knows it is not real, but your subconscious mind doesn't.

When you dream, your subconscious mind believes what is happening is real. Therefore your body reacts to the dream. You wake up in a sweat; you are scared or excited; your heart may be pounding. The subconscious mind does not understand that a dream is not real.

The beauty of how your subconscious mind works is that reprogramming it is easy and natural.

*Everything you encounter affects your subconscious mind. What you encounter can expand your subconscious mind, making it limitless and powerful – or it can do the opposite, creating false limits and fears.*

### **How To Jump-Start Your Day**

Every morning should be greeted by a series of powerful questions and affirmations. The design of these questions will focus your conscious mind on the goals or values you feel are the most important in your life. At the same time, they will send a message to your subconscious mind.

The message to your subconscious mind should be that you already are what you want to be or have reached the goals you seek.

*Remember if your subconscious mind believes you are something or have something, it will direct your conscious mind as if it were true.*

## Proactive Questions

Here are some other powerful examples of positive questions you can ask yourself:



- How can I have even more happiness in my life?
- How can I have even more adventure in my life?
- How can I develop even closer relationships with my family?
- How can I create even more passion in my relationship?



- How can I experience more financial freedom?
- How can I create even more financial abundance in my life?
- How can I feel even more gratitude/thankfulness in my life?
- How can I contribute even more to the world?



- How can I add even greater value to this world?
- How can I make my life even more peaceful and loving?
- How can I connect even more with other people?
- How can I see everyone I meet even more like my own brother or sister?



- How can I see everyone as even more like myself?
- How can I become even more connected to God/Christ?
- How can I become even more connected to people of a different race/religion/country?
- How can I treat myself even better?



- How can I love myself even more?
- How can I develop even more loving relationships with my children?
- How can I show even more respect to the fellow workers in my company?
- How can I again increase service or sales and enjoy the process?



- How can I become more valuable to people with even less effort?
- How can I have even greater confidence in my skills?
- How can I become even more creative?
- How can I freely create like I did as a child?