



Fact or Fallacy?

Get a notepad and pen and take a few minutes to write down all the beliefs that you can think of about love, relationships, money, work, health, or any other area you struggle with, and what makes you personally successful or unsuccessful.

For each belief you wrote down, ask yourself whether it's a truth or a delusion - a fact or fallacy. Ask yourself, what if that belief was just a delusion? What if it wasn't true? How would this belief limit your success?

Next, for each belief, run through the list of questions below. Next to each belief, write if it is Fact or Fallacy. If it is a Fallacy, how has it been holding you back?

1. Does it serve your happiness?

[I'll be rejected if I ask for the sale]

[I have to settle for what is realistic]

2. Is it something you adopted from culture or religion?

[The only way to lose weight is through torturous diets]

[Women are only attracted to bad boys]

3. Did you consciously and rationally decide it was true or did you pick it up through imitation?

[You have to go to college or get a job]

[The only place to meet people is in bars]

4. Does it violate the Golden Rule?

[You have to be pushy to make a sale]

[To get rich you have to be cutthroat with competition]

5. Is it based on fear or is it based on trust and hope in humanity?

[The rich are all greedy and don't care about anyone but themselves]

[Women or Men reject me just to crush my ego]

Come back to this exercise regularly. We all have hundreds of delusions and we are constantly bombarded with programming and influences that can implant more. Try to do it at least once a month - once a week at the beginning - and keep releasing the potential for better You that Creates the life of your dreams more and more easily.