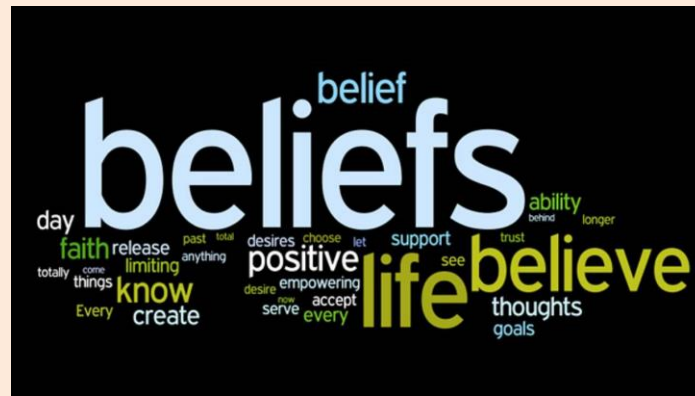


Master your BODY, Master your LIFE Program!

Your BELIEF Map

How to create fresh, powerful beliefs for a great life!



Karen McCoy

www.flickr.com/photos/karenmccoy/



What do YOU believe?

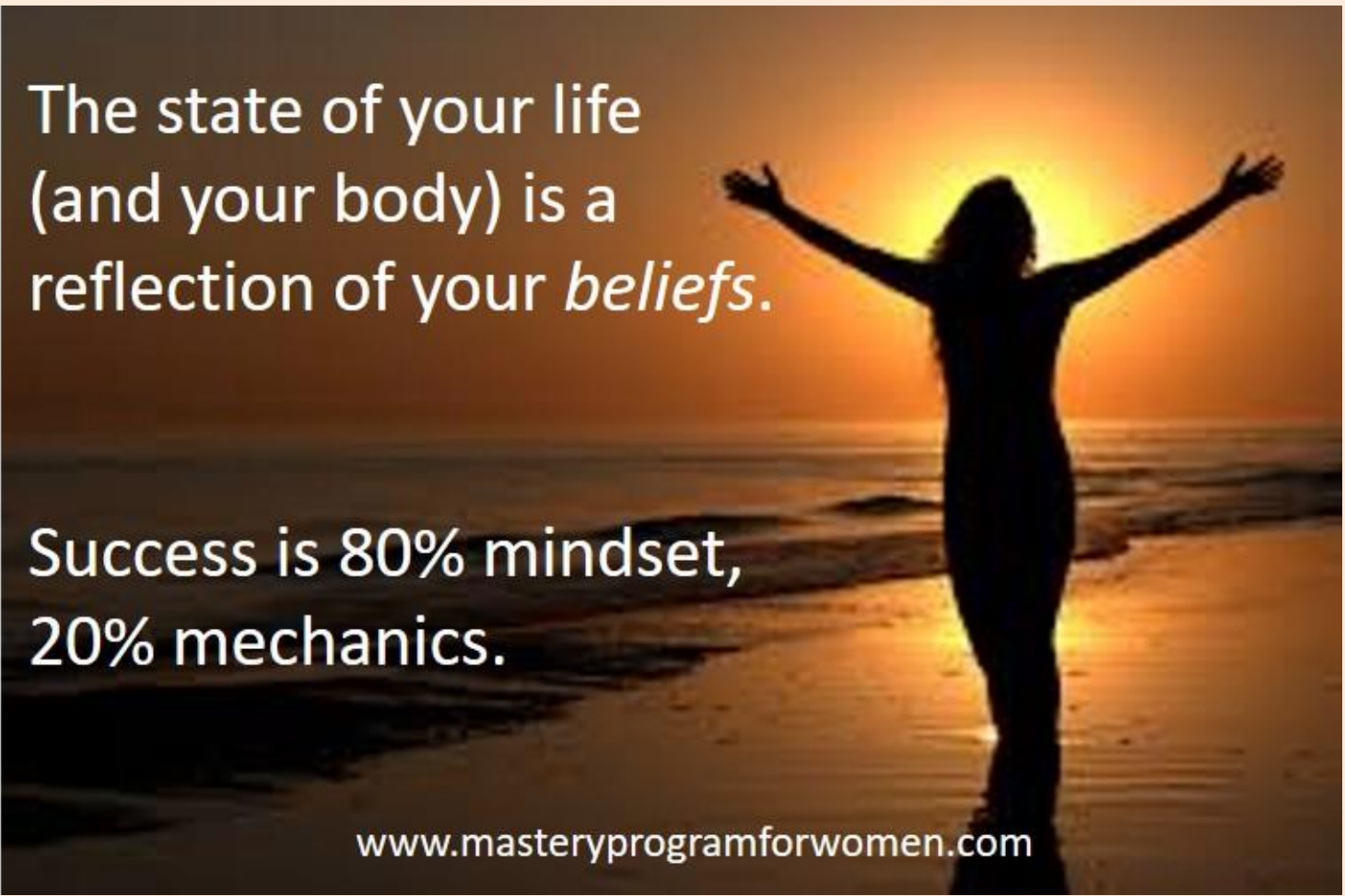
And is it true?

We can often speak of our beliefs, i.e. religious beliefs, beliefs around marriage, parenting, food, work, lifestyle....

But those beliefs are more conscious, and only form a portion of our self identity.

It is the beliefs that form our Self Identity, who we are and how we show up in the world. Science shows that 80% of these beliefs are *unconscious*.

It is often these unconscious beliefs that sabotage our weight loss goals, our training, our relationship to food, our motivation and commitment.



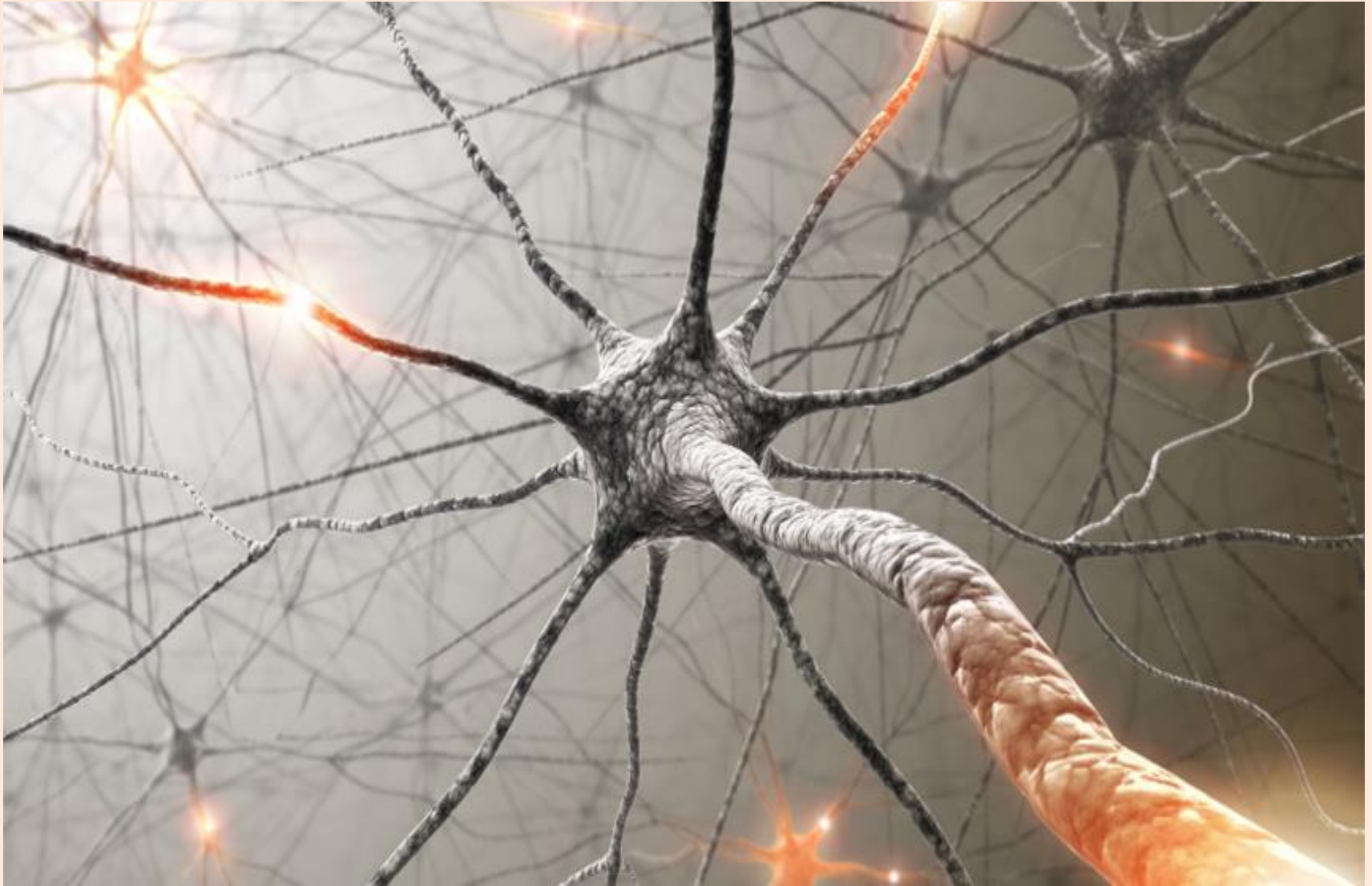
The state of your life
(and your body) is a
reflection of your *beliefs*.

Success is 80% mindset,
20% mechanics.

www.masteryprogramforwomen.com

TRUTH: We must create beliefs that are congruent (in harmony with)
where we want to go, our GOAL.

Our Mindset must match our end game.



THOUGHTS - BELIEFS – HABITS

**We are creative beings.
We are always creating.
We can't NOT create.
We can choose what we want to create.**



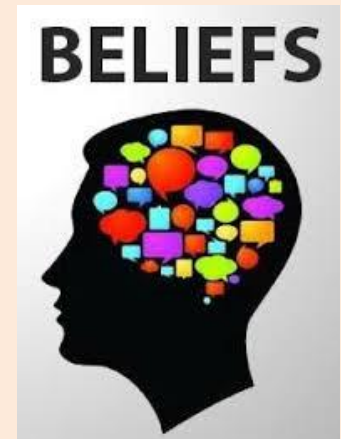
Something happened, you put meaning to it, you made a decision.

Then you created a belief around it, declaring it to be true.

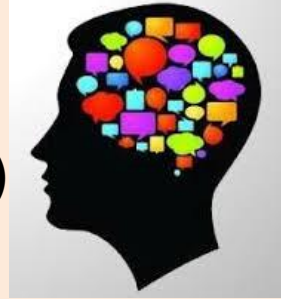
Confirmation Bias: you collect evidence to make your beliefs true. This is not fact, it is evidence your psyche has landed on.

Negativity Bias: We always look for what's wrong / danger. We need to constantly override this natural survival mechanism, creating a 'new normal'.

We are **Meaning Making Machines**,
we giving meaning to everything. It's
how we interpret the world.
We need to create stories.



What negative or restrictive stories have you created around your health,
your body.....?



- 1. I've tried to lose weight / get fit lots of times. I am doomed to fail (again)**
- 2. All my family is 'big' so I guess I have to live with it.**
- 3. I'm not athletic. I don't have the genetics for it.**
- 4. I always lose weight at first, and then the weight just comes back on**
- 5. I'm just not that motivated.**
- 6. There is so much info out there, I don't know who or what to trust**
- 7. My metabolism has always been slow.**
- 8. I'm not worthy.**

What is your payoff for keeping these limiting beliefs alive?

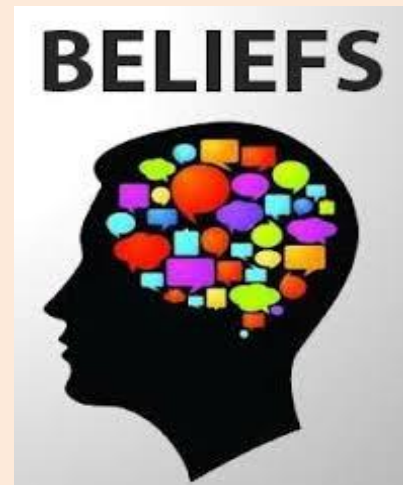
- **I might fail.**
- **I might succeed.**
- **I don't want to take on the responsibility**
- **I'd rather cast blame, it's easier that way.**
- **I'm afraid it'll be a lot of work to maintain and not sure if I want that.**
- **People may look at me differently, reject me, make fun of me.**
- **People may think that I think I'm better than them.**
- **I may challenge a relationship and they might leave me (or me leave them)**
- **I don't want that level of commitment and work**
- **I'll have to give up more time or space to make way for exercise**
- **My extra weight protects me.**
- **I want to stay invisible / to not be seen**

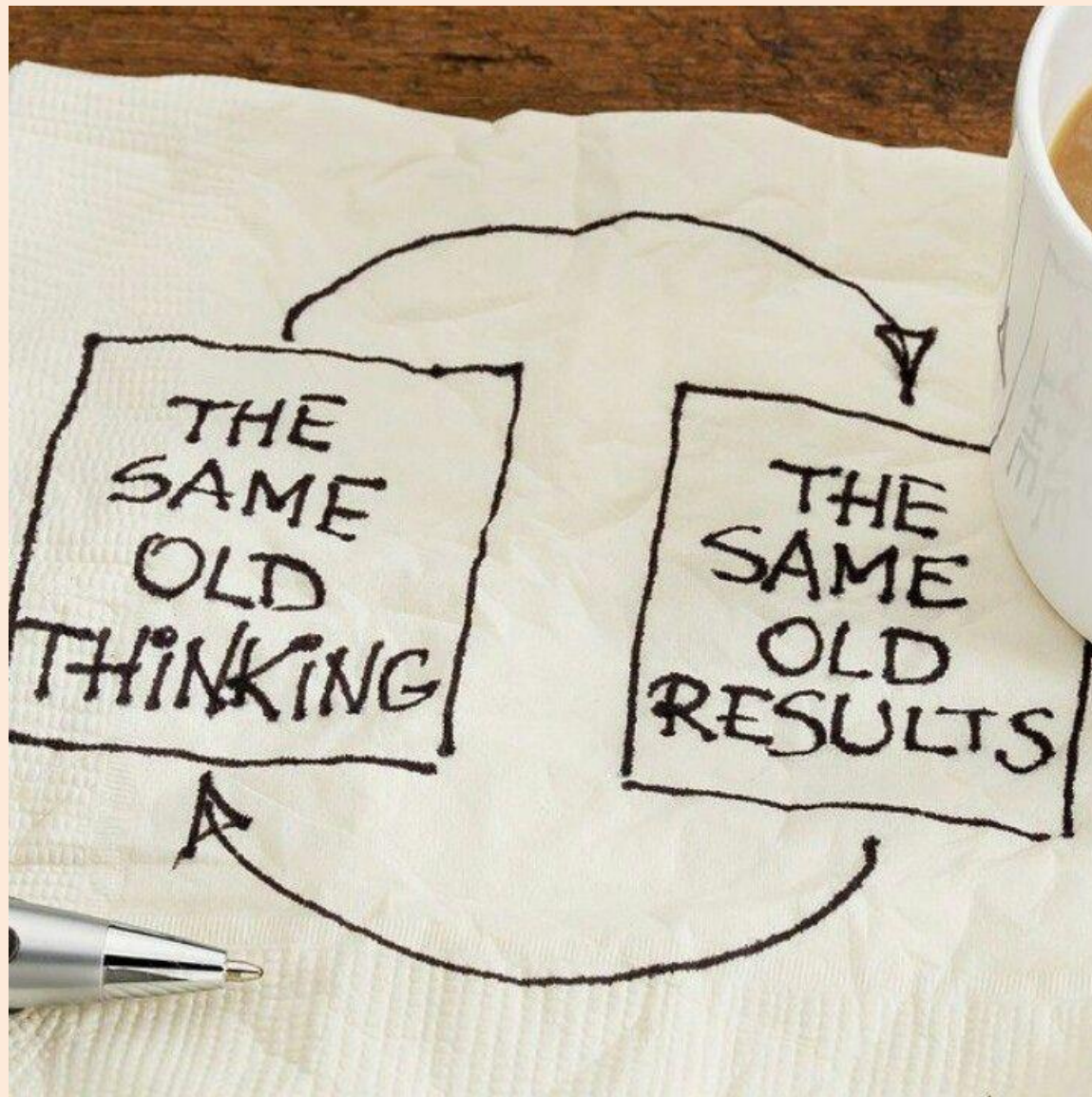
Notice where you get stuck or stopped....

What feelings accompany this resistance?

Where do you feel the resistance in your body?

What is the thought that accompanies that stuckness?







Beliefs EXERCISE – 7 Questions

- 1. If there is one belief or thought that is holding me back and preventing me from moving forward right now, what is it?**
- 2. What stories or evidence do you have that this belief is true?**
- 3. What do these stories or justification give you? What is the payoff of having these negative thoughts?**
- 4. What could be untrue about these stories?**
- 5. Who would I be without these stories? Where would I be without these stories?**
- 6. Which one do you want? Do you want the story or the justification or do you want the results? Do you want to move forward or do you want to stay stuck in your story?**
- 7. What is the new belief and identity you would need to have in order to move forward?**





TRUTH #1

SUCCESS is 80% MINDSET, 20% strategy

TRUTH #2:

**We must create beliefs that are congruent (in harmony)
with where we want to go, our GOAL.**

Our Mindset must match our end game.

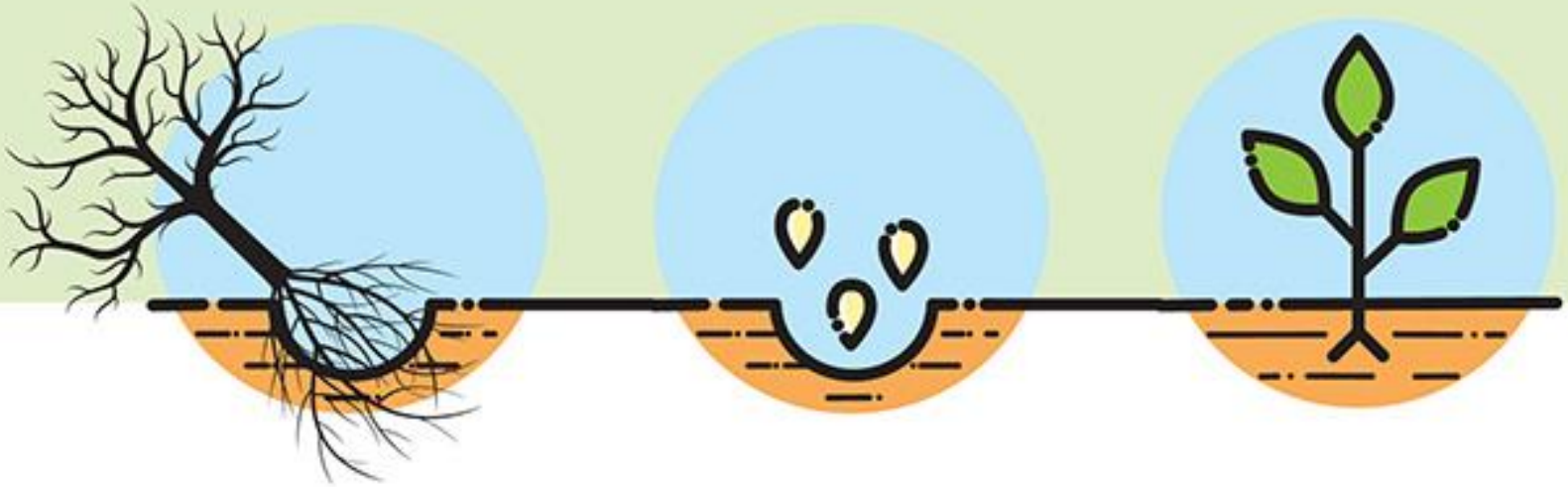


- 1. You will feel uncertain! Expect that! It all comes down to whether you take action or not.**
- 2. You must have a strategy / rituals to create a new normal.**
- 3. You must FEEL the end game as *if you already have it*.**
- 4. This mindset MUST be fed every single day, throughout the day.**

Your 'end game' (new belief) must be built at a higher frequency. You cannot create an empowered mindset if you are thinking and operating from a disempowered state.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Uprooting old beliefs



and nurturing new ones

**As soon as you feel those negative feelings come up,
you want to reverse them in an instant!**

Create **every day** rituals and habits to cultivate a **better mindset**.

Obsess about your GOAL.

Do you embrace the Victim or the Victor?

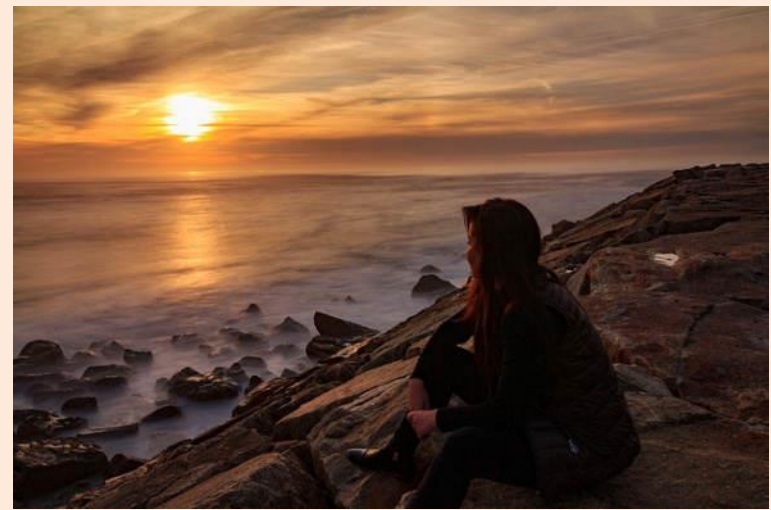
A winner intentionally chooses to win!

Draw on places where you showed intense strength, victory, overcoming the odds.

Listen to your inner voice...where is it pointing?

When in doubt, ask yourself *what muscle am I being asked to work now?*

Dig into your resources each and every day. BUILD that 'new normal', that fresh belief.



Do your Morning Mindset Ritual

Create a Brag Book – Journal and read it every day.

Create a Vision Board

Decorate your room with reminders, uplifting things to get you into a + frequency.

Get off social media, turn off CNN, dig into uplifting reads, music, journal. Listen to inspiring podcasts, listen to stories of how other people overcame...

Notice where you fall back into old habits of thinking – overwhelm, stress, fear – and ask yourself why.

Ask yourself, how committed are you to do whatever it takes?

Claim your Power. You are NOT a victim, rise above it. Every single moment is a choice. You are a co-creator of your world. So stake your claim today! And every day moving forward!

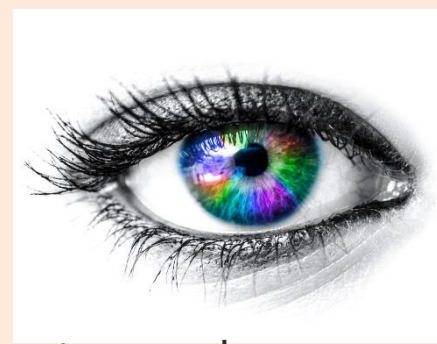




I'll see it when I believe it (Victor mentality)

I'll believe it when I see it (Victim mentality)

Reprogramming Yourself...



You ask of the belief,

1. is it true?
2. Can we absolutely be certain it's true? (hint, *beliefs are almost never true*, and negative beliefs are *always untrue* — most beliefs will fall apart in the first 2, if not the first 1 question.)
3. Who are you *with* the belief?
4. Who are you *without* the belief?

You then can decide whether or not to keep it. Many have said this approach is the most effective of its kind for dismantling beliefs that no longer serve.

“I am..” or “I will...” statements.

The most powerful times of day to repeat such statements to yourself is when you first wake up and when you're going to sleep, which is when your mind is most suggestible and the subconscious is most easily accessible.

Then **focus on the End Game**...how will it feel to be 'over there'. And remember, when you stray, reclaim the vision. Use some of the suggestions from pages 16 and 17. **When you Slip, SHIFT!**

How Beliefs survive and how to replace them...



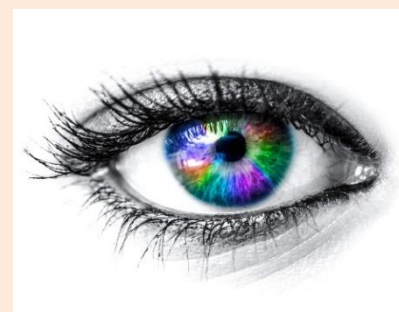
The most affective affirmations are *custom-designed to take on your negative beliefs*, because its negative beliefs that create obstacles and interference in your life.

The conscious mind operates in terms of logic, it's the rational part of ourselves over which we feel we have control. The subconscious mind operates in terms of emotions and symbols, it isn't constrained by rationality, and it contains all the beliefs we've gathered about ourselves and the world, both positive and negative

One must first locate and identify a negative belief, realize its damaging nature, be ready to let it go, and replace it with an alternative belief. This process is slow-going at first, because the subconscious won't let go of a belief until it's certain that it's safe to do so. The subconscious must be eased into a new belief system, and the conscious mind has to talk in terms the subconscious mind understands, for this to happen. – *Unf*ck Yourself*, Gary Bishop

Aren't our beliefs based at least to some extent on reality? No, beliefs aren't based on reality, it's the other way around. The reality we experience is the result of our beliefs about it. Our beliefs behave like a filter and direct what we focus on, what we remember, how we interpret our experiences, and thus the reality we believe ourselves to live in.

A belief is a thought that has become stuck in place, specifically in your subconscious.

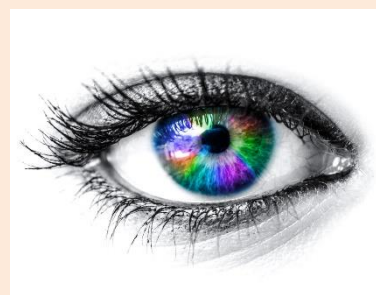


It doesn't have the elasticity and questionability of other thoughts, to your mind it seems inflexible, part of a *reality* not to be questioned. Some thoughts cycle through your head in an “audible” way; that is, you're aware of them. Beliefs are cycling too, but at a frequency too low for you to hear: they're cycling in the subconscious.

Why do beliefs become absorbed into the subconscious in this way? It has to do with easing the burden on the conscious mind.

When you have a thought over and over enough times, the subconscious sees that thought, and says “we're thinking this thought really often, it seems like we need this piece of knowledge regularly. Let's offload this from the conscious mind and make it subconscious, that way the conscious mind can focus on other things, and this can just be playing in the background.”





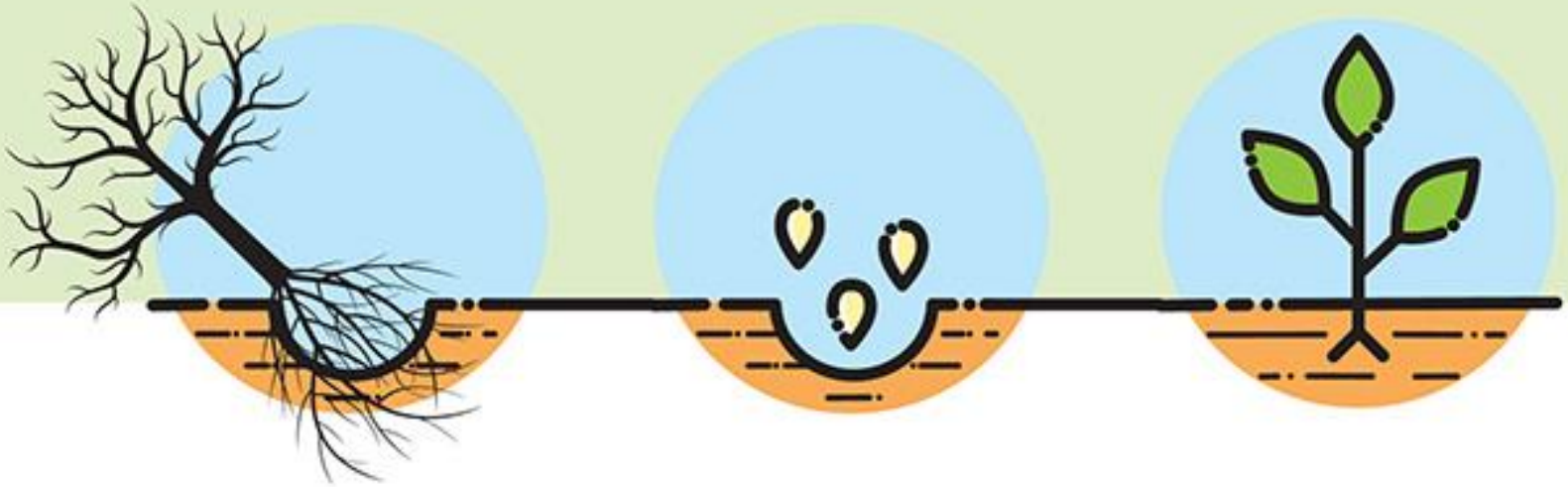
The subconscious hears emotions, it hears longing, and the more desire and longing you can pour into the new belief becoming fact, the more the subconscious will respond to that, and take its attention away from the old belief in order to focus on the new one.

The sadness associated with damaging beliefs is one of the things that keeps the subconscious' attention on it, we can distract the subconscious by informing it that a new belief is more interesting, by **focusing on the excitement of wanting, desiring, longing** for the preferable belief to be true.

Laugh at your negative belief, or experience your disgust at them — one reason our negative beliefs feel so hard to budge is that we take them so seriously, because we take them for the reality. If we can manage to really look at a negative belief, stare into it and see all its implications, and realize how silly it is, that recognition will reduce its power.

Also, if you perceive the dreadfulness of a belief, you'll start the process of disowning it and distancing yourself from it. It's helpful to come up with alternative beliefs to replace them; beliefs that feel *good and right*, in contrast with the ones they're replacing.

Uprooting old beliefs



and nurturing new ones

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