

List of Beliefs

Money, Career and Abundance

I am not successful

My success is limited.

You need to work hard at creating your reality.

Action and effort are the only way you get anywhere in this world.

No pain no gain.

I don't use my money wisely

I always spend more than I earn.

I never have enough money.

I'm not smart or creative.

Money will solve all of my problems.

I'm never going to be a success.

You need to work hard to make money.

Health, Energy and Body

I don't have a lot of energy and stamina.

Sickness and health are out of my control.

I am often unhealthy or sick.

I am constantly under stress and afraid.

I am unfit or overweight.

I have no personal power.

Nothing can heal me.

I gain weight easily

I am not healthy.

Beauty looks a certain way and I am not that.

My genetic make-up is set at birth and cannot be changed.

I cannot change my brain.

Relationships Family and Love

I need a condition or experience to be happy

I need my conditions to feel good

I need to be loved before I can be happy,

I blame others for how I feel.

I am not responsible for my life.

Others are responsible for how I feel.

I am not worthy

I am not good enough.

People don't always treat me well.

I feel unnurtured in the world.

The world is an unsafe place.

I sometimes feel like I am being abandoned and unloved.

I need other people to accept me before I can accept myself.

I need approval from others.

I attract the same difficult relationships into my life

I can't find a partner.

Life wasn't meant to be easy.

No one cares for me.

I am good at giving love but not good at receiving love.

Spirituality and Self-Love

I am not a spiritual being I am only physical being

I am not lovable.

I have no control over my life.

I don't accept myself as I am

I need to be better before I can love myself.

I must have things a certain way before I can be happy.

I am judgemental and critical.

Nothing good ever happens to me.

I'm not a lucky person.

Things never go my way.

I never have enough time.

When I have this particular thing then I will be happy.

It's hard to change my reality

God doesn't love me or accept me the way I am.