



Believe It's Possible

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen"

--Muhammad Ali

Once you have decided what you want then

The #1 reason people don't get what they want in life is that they don't believe it's possible.

- So, they never even try.

To get what you want, you must BELIEVE it is possible for you.

What is a belief?

- A belief is nothing but a *feeling* of certainty that something is true.
 - It doesn't have to actually BE true. It's just a feeling.
 - People believe all sorts of things that aren't true.
 - Most of them are just stories they make up in their head.

How to change your beliefs?

First some background, your brain only responds to two things:

- The images you feed it. And
- The stories you tell it.

So, to change your beliefs you must change the images and the stories. This is done through:

- Visualization. i.e., seeing yourself as actually 'having' it. And
- Incantations, i.e., repeating to yourself over and over again that you are the kind of person who has such things.

These are so important that over the next two sessions I'll be getting very specific on how to do each of these. We are literally going to 'rewrite' your brain to make 'the impossible' 'possible' for you.

Aaron Brauch, The Entrepreneur's Business & Life Coach

Helping Entrepreneurs Build Exceptional Businesses and Enjoy Outstanding Lives.

Contact me today to build the business and life of your dreams.

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