

## Paradigm Busting - How to change a limiting belief

- 1- Notice what you are noticing (notice the negative, limiting belief)
- 2- Take a breath or two (in through the nose, out the mouth like through a straw; shifts your inner state)
- 3- Pattern interrupt like “Up until now.”, “I’m changing now.”, “That was then and this is now.” (makes your subconscious mind pay attention to the fact that something is changing right now.)
- 4- Install the new belief. (scaffolding image, vision, emotionalize and five-sensorize it – with gratitude)
- 5- Action step (ask: “What’s one thing I can do right now to move closer to my vision?” and do it.)
- 6- Do it again ... until the new, chosen and empowering belief has become your default belief – and watch your reality change.