



EXERCISE 9

The **first step to lasting change** is the **recognition, replacement, and reprogramming** of less optimal thoughts and thought processes with **better and more accurate thinking**. This is done through what I call **replace and reprogram**, which is similar to what Napoleon Hill calls the **principle of autosuggestion**.

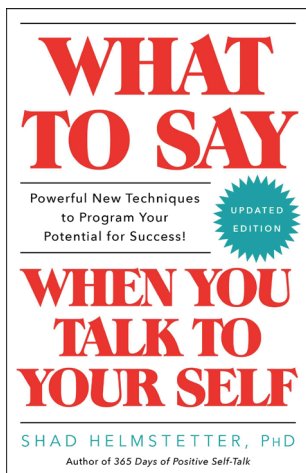
Remember, the subconscious mind **doesn't reason**. It **doesn't evaluate truth or falsehood**; it simply **accepts what you give it**. The process of giving it new information **happens through replacing and reprogramming** the desired **THOUGHT** until that **THOUGHT breaks through your subconscious veil**. Good or bad, helpful or harmful, **any thought repeated often and vividly enough will eventually make its way into your subconscious** and become part of your operating system. Once there, it is **accepted as true** and begins to form its own byproduct as your own **BELIEF**.



The Process for Reprogramming:

To begin the process of reprogramming your thinking, you must follow these steps:

- Identify the thought you wish to replace.
- Create a new, more accurate thought (thought reframing).
- Verbalize it and write it in the present tense.
- Repeat it as many times a day as possible.
- Record a self-talk audio to be able to listen to the statements in your own voice.



If you really want understand **why reprogramming works**, and how to master reprogramming Dr. Shad Helmstetter's book on this process is a great resource.

“Repetition is a convincing argument.”

“As long as you and I allow others to program us in a way that fits their choosing, we are, without a doubt, out of control, captive to the whims of some unknown destiny, not quite recognizing that what hangs in the balance is the fulfillment of our own futures.”

“We control with our own minds most everything in our lives, including our health, our careers, our relationships, and our futures”

~Shad Helmstetter, *What to Say When You Talk to Yourself*



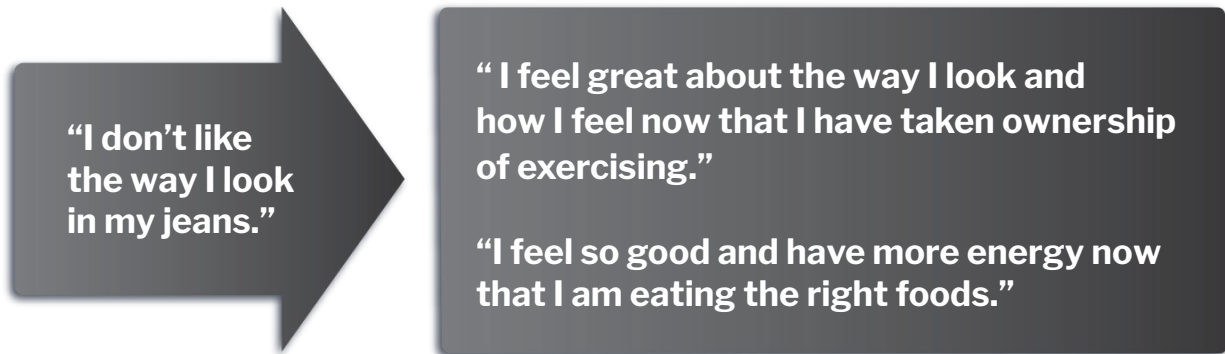
Alright! Are you ready for some **MAGIC** to happen? Time to tie it all together!

STEP 1:

Go back to *Exercise 1: Identifying Limiting Thoughts & Beliefs* and look at your answers.

STEP 2:

Reframe your three limiting thoughts to one (or more) **positive ownership thought(s)**.



STEP 3:

Write out your newly framed thoughts, and verbalize them. **(Yes, you actually have to say them aloud!)**

1. _____

2. _____

3. _____

