



Deberah Bringelson's
Quantum Success Academy

*Breaking Barriers
Creating Massive Success in the New Economy*



Day 7 – Your Beliefs and Rules RULE Your Life

Bet You Would Be Surprised

In a battle, thoughts v. beliefs; who wins?

Thought are things that we think in our heads. What we “think” we should think. Core beliefs are those that we have adopted as a part of our “being”. They often are not based in logic and in fact can be completely untrue. But in a battle “thoughts v. beliefs”.....beliefs almost always win.

What Are Your Core Beliefs?

I bet you would be surprised by some of the core beliefs that you are carrying around. We’re not talking about thoughts, things that you think in your head. We are talking about core beliefs that you feel in your body. So many of our students are shocked when they uncover and discover the core beliefs that are literally controlling their lives.

If someone stopped you on the street and asked you if you deserve to fail, would you say yes? If they said, “do you think you deserve to be loved, would you answer no?”

In your head, you may be telling yourself that you believe you are awesome, that you deserve to be rich, that you deserve massive success. But in your body, in your gut....perhaps buried so deep that you can’t immediately find it, there is a core belief that is exactly opposite. Too often as children we are “infected” with limiting beliefs of our parents, family, schools, churches and other care givers. While they may not have intended to harm you, if you were ever told that you weren’t good enough, smart enough, etc....or given a belief that money is scarce or people who have money are unkind or bad, then you most likely have been limiting yourself from having the great life you deserve.

Why This Is Important

If you say that you want something, but believe you cannot or should not have it. Or if you believe that having it is bad, then you won’t allow yourself to have it. Or if you do find it briefly, you will immediately see it disappear from your life. It’s like the lottery winner who becomes an instant millionaire and finds that within a few short years it’s all gone. It’s not all about money management, which we cover in another module, it’s also about core beliefs. Before you can have something you have to believe that you can and should. Take this brief survey and let’s begin to uncover your limiting beliefs so that we can kick them out of your life!

Quantum Success Action Items

Instructions - Choose as many answers as feel right to you. If an answer is missing, please write it on the side.

1) My Family Was

- a. Wealthy
- b. Just Got By
- c. Poor

2) My Extended Family (grandparents other relatives) were

- a. Wealthy
- b. Just Got By
- c. Poor

3) When I was growing up, I often heard

- a. We can't afford it
- b. Go to School, get an education and get a good job for life
- c. We have to scrimp and save
- d. There is never enough
- e. You can't have everything
- f. Money doesn't grow on trees
- g. Rich people are crooks

4) When I was growing up, money was

- a. A problem that created a lot of stress
- b. Plentiful
- c. In short supply, but not a problem. We had a happy life.

5) When I was growing up, I was told:

- a. You're not smart enough
- b. You're not pretty enough/handsome enough/good looking enough
- c. Why can't you be more like (someone else)
- d. You're not good enough
- e. You'll never amount to anything
- f. You're bad/evil/lazy

6) Did you ever feel or believe

- a. That other people's needs were more important than your own
- b. That you had to parent one or both of your parents
- c. That you had to parent your siblings
- d. That your feelings didn't matter (e.g. Stop crying or I will give you something to cry about)
- e. I must do what other people want because they are more worthy/deserving/better than I am.
- f. I have to think of other people before myself
- g. If I do exactly what other people ask me then it will make them happy
- h. It is selfish (and bad) to think of myself first
- i. It is noble or good to put other people first or before me
- j. Other people will not like me if I put myself first

7) There was physical violence in my home as I was growing up. Yes No

- a. The violence was directed at me. Yes No
- b. The violence made me feel unworthy or unloved. Yes No
- c. Somehow I felt that the violence was my fault Yes No

8) There was drug abuse and/or alcohol abuse in my home as I was growing up

- a. The drug abuse and/or alcohol abuse made me feel unworthy or unloved. Yes No
- b. Somehow I felt that the drug abuse and/or alcohol abuse was my fault Yes No

9. When I was born/a child, I was wanted, nurtured and loved. Yes No

Finish the Sentence:

10. Money is...

11. Money isn't...

12. Rich People are...

13. You have to _____ to be rich.

14. I can't be rich because...

15. I'm too _____ (old, poor, uneducated, unlucky, other.....) to be successful.

16. I'm too _____ (old, poor, uneducated, unlucky, other.....) to be rich.

17. I'm too _____ (old, poor, uneducated, unlucky, other.....) to be happy.

18. I deserve great wealth Yes No

19. I am worthy of abundance Yes No

20. I felt loved as a child Yes No

21. I feel loved and supported now Yes No

22. I love and accept myself Yes No

23. I love my work Yes No

24. I love my body Yes No

24. I do my current work because it pays the bills Yes No

25. I do my current work because...

26. Instead of my current work, I would rather be doing...

- | | | | |
|------------|---|-----|----|
| 27. | I live in my Dream HOME | Yes | No |
| 28. | I drive my Dream CAR | Yes | No |
| 29. | I am in a perfect loving Relationship for me | Yes | No |
| 30. | Other people are to blame for my unhappiness | Yes | No |
| 31. | I am to blame for my unhappiness | Yes | No |
| 32. | I am a victim of circumstance/bad luck | Yes | No |
| 33. | If I had been born into another family, my life would be better | Yes | No |
| 34. | I create my own reality with my thoughts | Yes | No |
| 35. | I can change my current reality | Yes | No |

36. If I had nothing holding me back, I would

BE...

HAVE...

DO...

CLEARING THE SLATE EXERCISE:

What I believe about me:

Where this belief came from:

CLEARING THE SLATE EXERCISE 2:

What I believe about life:

Where this belief came from:

Over the next day or two, reflect on all of the beliefs you have about how life is “supposed” to be. Do you believe it’s supposed to be easy? Is it supposed to be hard? Do you believe you are you all alone or that you have support? Do you believe you work hard and then you die? Or that life begins at retirement? Or do you believe that your work is your play?

- **Please note that uncovering your negative core beliefs is not something that is completed in an afternoon or in a week. It is a continual process. As these beliefs rise to the surface and are removed, others that are more subtle or buried deeper may follow. You may be someone who does find that this is a short process. Or you may be someone who is still uncovering beliefs for the next several years. As each belief arises and is removed, what you want will become more accessible to you.**
- **A great way to identify limiting core beliefs is when you feel an unpleasant feeling in your body, especially around your solar plexus or heart chakra. Example: You want a promotion. You ask yourself if you deserve more money, more prestige....the promotion. Your head answers yes. Your solar plexus or your heart chakra says no. That's a great place to look for core beliefs that are standing in your way.**