

Master Your Beliefs

Action guide

Thanks again for purchasing my book. I want you to succeed and to get as much as you can from it. Please make sure you use this action guide alongside the book. In the end, your commitment is what will determine how much you get out of this book. I encourage you to print out this workbook to make it easier to refer to it as you are reading the book. Also, writing down your answers using a pen is more powerful than just typing on your computer.

Let's get started!

Part I. The nature of belief

1. What belief is

True belief

Rate yourself on a scale from 1 to 10 for each of the statements below (1 being false, 10 being true):

I know deep down that I can figure things out and eventually will.

1 10

I developed the ability to remain convinced of that “truth” for months or years

1 10

I refuse to let my environment stand in the way of your goals.

1 10

I move through my day with that inner sense of confidence

1 10

The difference between belief and delusion

Write down below one of your biggest goals or dreams:

My goal:

Now, how delusional are you regarding that goal? In other words, if you keep doing what you're currently doing, how likely are you to achieve that goal (realistically). Write your answer below:

What do you think you would need to do to make sure you reach that goal (or significantly increase the odds you do)?

2. The 5 characteristics of belief

1. Belief is a skill

What are you currently doing to develop more belief in yourself and in your vision? Write two to three specific answers below:

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-
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Now, write down what you could be doing to cultivate even more belief:

2. Belief is neutral

Belief is neutral. Nobody and nothing can prevent you from using your ability to believe to achieve your goals. Knowing that, how will you leverage your power of belief starting today? What will you use it for? Write down your answer below:

3. Belief is your responsibility

It is your responsibility to believe in yourself. For a moment, close your eyes and let that truth sink in. Realize that you can and will cultivate rock-solid belief over time. Accept the fact that your ability to believe is undeniable.

Now, knowing belief is your responsibility, write down one thing you will do to regain control over your power of belief (for instance, joining a group of like-minded people, distancing yourself from a toxic person or reading biographies from successful people).

To regain control over my power of belief I will:

4. Belief is available at all time

Your ability to believe can never be taken away from you. Take a moment to notice that ability right now. Realize that, at this very moment, you can choose to believe.

Now, write down what you would do differently, if you were absolutely convinced that the power of belief was available to you at all time:

5. Belief is a gift you give to the world

If you dramatically increased your level of self-belief, who around you would be positively impacted? Who would be inspired? Write down your answer below:

3. The power of belief

Belief can “distorts” reality by:

1. Changing how you think, feel and act, opening doors to countless opportunities that didn't exist before,
2. Turning your subconscious into a powerful ally,
3. Influencing people around you, and
4. Inspiring people.

1. Belief changes how you think, feel and act

Think of one of the most empowering beliefs you could adopt (i.e. something that if you believed would make the biggest positive impact on your life). Write your answer below:

2. Belief turns your subconscious into a powerful ally

How do you think your subconscious could help you make that belief comes true (come up with solutions, lead you to take different actions etc.) Write down your answer below:

3. Belief influences people around you

How would your new belief affect people around you (if relevant)?

4. Belief inspires people

If you knew that, with your ability to believe, you could see in people more potential than they see in themselves, in what way would you become an inspiration for them? How would you support them? Write down your answer below:

Your thoughts create your reality

Think of one thing you really want to see happening in the future (getting a promotion, finding a better job, traveling overseas etc.)

Now, imagine if that one thing became your single point of focus. Imagine if it were the only thing you could think about. Write down what specific actions you will likely start taking as a result of focusing monomaniacally on that thought.

Specific actions I would likely take:

Your belief determines your results

If you were to rate your current level of self-belief on a scale from 1 (playing it small) to 100 (giving it all), what would it be (Be honest)?

Your current level of self belief:

Now, what do you want your level of self-belief to be thirty days from now

My level of self-belief in thirty days:

What do you plan on doing to get there? Write down your answers below. Try to be as specific as possible.

Belief makes impossible things possible

For a moment, let go of any limitations other people may be imposing on you right now. Instead, focus on what the absolute best version of yourself could

accomplish. Now, what “impossible” things could you make possible in the near future? Write down your answers below:

The size of your thinking determines the size of your accomplishments

What are you thinking about the most these days? Write down your dominant thoughts below:

Imagine you keep having these same thoughts moving forward. Now, extrapolate what’s likely to happen in the future and write down your answer below:

Now, is it what you really want? If not, write down a few dominant thoughts you would like to adopt instead:

Confidence vs. arrogance

Write down a few things you could do to appear more confident, perhaps, even to the point of being seen as arrogant (broadcast your desire, stop using words such as “I’ll try”, “I hope”, “I wish” etc.)

Then, experiment with one of these things.

Part II. Identifying your limiting beliefs

4. Belief and identity

Think of one major goal you'd like to achieve and write it down below:

Now, write down a few statements that would describe the identity of someone who has already achieved that goal.

5. Overcoming your limiting beliefs

Identifying your limiting beliefs

Select the one area of your life you want to focus on the most right now. Consider the following areas: career, family, finance, personal growth, relationships, social life, spirituality. Then, answer the question below.

How come I'm not at a ten out of ten in that area?

You can make excuses or you can make progress

When you tolerate excuses you reduce your field of possibilities. What excuses are you tolerating right now? Write down two to three excuses that if you were let go of would have the biggest positive impact in your life.

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Challenging your limiting beliefs

Look at the excuses you wrote down in the previous exercise. Now, ask yourself: are these excuses really true all the time in every circumstance? Or are they merely limiting beliefs you're holding onto?

Finding counter examples in your life

Now select one of your limiting beliefs and answer the following question:

Are my limiting beliefs always true all the time in any circumstance?

Your limiting belief:

The answer is probably no. So, look for examples in your own life that show your limiting beliefs are inaccurate. Write them down below:

Example 1:

Example 2:

Example 3:

Gathering proofs your beliefs are inaccurate

Now, gather case studies that show that these beliefs are likely to be inaccurate. For instance, look for stories of people similar to you who manage to do that thing you find excuses not to do. You can write the case studies you've found using the space below:

6. Integrating your new beliefs

Finally, you want to integrate your new beliefs to make them part of your identity. You can do that in several different ways:

- By writing them down and looking at them on a regular basis
- By thinking about them often
- By acting in a way that strengthens them
- By thinking of all the reasons why they are accurate, and/or
- By thinking of all the reasons why *you want* them to be true

Part III. Building foundational beliefs

7. The #1 meta-belief that rules them all

Imagine that your thoughts create your reality. If so, what new thoughts could you adopt in order to design a better reality? Write down some of them below:

8. Seven core beliefs that will transform your life

Belief #1 — The universe is on your side

Imagine you truly believed that the universe was on your side. If so, what new more empowering interpretation would you give to some of your current life circumstances?

Write down below two to three challenges you're facing and how you perceive them differently if you believe the universe was on your side. For instance, perhaps, there is a lesson for you to learn.

Challenge #1:

New perspective you could adopt:

Challenge #2:

New perspective you could adopt:

Challenge #3:

New perspective you could adopt:

Belief #2 – If others can, so can you

Write down three things other people are doing that you wish you could do too (for instance, speaking a foreign language, delivering speeches, playing an instrument well etc.)

1.

2.

3.

Now, realize that if others can, you can too.

Belief #3 - You can always become better

See yourself as a perpetual learner and understand that becoming better is inevitable.

Write down below all the reasons you can become better:

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Belief #4 – If you can do something once, you can do it again

- Think of one challenging thing you haven't been able to do (yet).
- Then realize you can do it just one time. And even if you can't right now, at least, you can take one small step in that direction.
- Finally, understand that, if you can do that thing just once, you'll be able to do it again

Belief #5—You can figure things out

You're a natural problem solver who can solve almost any problem you'll ever encounter. You *can* figure things out. So begin to adopt the belief that you can figure things out.

Now, write down one major problem you're currently facing:

Your problem:

Then, write down all the things you could do to solve it. Just write down everything that comes to mind:

- _____

Belief #6—Failure is inevitable

To achieve success you'll have to "fail" repeatedly. However, in truth, there isn't such thing as "failure". There is only feedback from reality. So being to change your relationship with failure and see it as feedback. Every time you fail and learn from your failure, you move a little closer from your goal.

Now, write down one big "failure" in your life.

Your failure:

Then, answer the following questions:

What did I learn from it?

What's good about it? What positive things did it lead to? (mindset change, new opportunities, invaluable lessons learned etc.)

Belief #7—Your success is inevitable

Adopt the belief that success is inevitable as you learn to use the power of belief.

Remember:

- You have the ability to use your thoughts to shape your reality
- If others can, you can too
- You can always become better
- If you manage to do something once, you can do it again,
- You're capable enough to figure things out
- Short-term failure is inevitable and leads to long-term success

As such, over a long enough period of time, you can achieve almost anything you desire. So start acting as if your success was inevitable and see how things change for you.

Complete the following sentence: If I believe success was inevitable for me I would:

Foundational Beliefs

I can use my thoughts to shape my reality

The universe is on my side

If others can, I can

I can always become better

If I can do it once, I can do it again

I can figure things out

Failure is inevitable

Success is inevitable

Part IV. The Belief Formula

Below is a break down of the Belief Formula:

Empowering environment + repeating action + intense desire + willingness to face discomfort = Unshakeable belief

Empowering environment. It is consciously putting yourself in a favorable environment that enables you to perform at your best.

Repeated action. Taking action can solve a lot of problems including a lack of self-confidence. It is what allows you to reinforce your core beliefs so that you can cultivate greater confidence over time

Intense desire. Knowing why you want something gives you the motivation to keep going and persevere during tough times.

Willingness to face discomfort. It's the repeated exposure to fear through concrete action that enables you to get a glimpse of your true nature (i.e. the confident and capable person you inherently are as a human being).

9. Empowering environment

1. Mental environment

Reprogramming your mind

What you could do every day to maintain a positive emotional state? Write down your answers below:

Repeating powerful affirmations

Come up with a couple of affirmations you could repeat every day to develop a stronger mindset:

Your affirmations:

-
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Using the power of visualization

Practice visualization every day when you wake and/or when you go to bed. To begin with, you can focus on one specific feeling or one particular belief you want to adopt.

Remember to follow the simple steps below:

- 1) Relax.** As you put yourself in a deep state of relaxation, you'll gain better access to your subconscious.
- 2) Visualize what you want.** See your ideal outcome as vividly as possible.
- 3) Feel as if you're already there.** Engage your emotions. Get excited about your vision. Feel as if you were already the person you want to be, having the things you want to have.
- 4) Keep focusing on what you want.** Repetition is key. Keep visualizing every day as often as you can.

2. Social environment

What type of people do you want to surround yourself with?

Are there acquaintances you'd like to spend more time with? If so write their names below:

Where are you the most likely to find people you want to surround yourself with?

Which relevant groups or forum could you join online?

Which book(s) written by people you want to be like could you read?

Could you create your own tribe? If so, what tribe would that be?

3. Physical environment

What are specific things you could do to improve your physical environment?
(removing junk food from your house, prepare your running gears the night before etc.)

10. Repeated actions

To boost your confidence, set three tiny goals every day and achieve them consistently for at least 7 days and preferably thirty days.

The power of habits

Below are seven powerful habits you can experiment. Perhaps start with one (or two at most).

1. Setting daily goals
2. Reading your goals every day
3. Meditating
4. Practicing gratitude
5. Consuming motivational books and videos
6. Self-reflecting
7. Exercising daily

How to implement habits that stick

To implement your new habits, you can use the 5 simple steps below:

- 1. Define your habits clearly.** Make sure it is measurable so that you know whether you've performed it or not.
- 2. Start small.** Make your habit is easy so that you can stick to it long term and build momentum.
- 3. Set specific triggers.** Have a specific event or action after which you'll perform your habit. That will prevent you from forgetting about your new habit.
- 4. Stack your habits.** Create a chain of habits by implementing a morning ritual for instance.
- 5. Undertake a 30-day challenge.** Stick to your new habits for 30 days in a row. This will help you establish your new habits.

Your turn now

Write down three (small) habits you want to implement.

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-
-

Then, stack them together and stick to them for the next 30 days.

How to take more actions

Select one major goal you're currently working on.

Separate true actions from feel good activities

Now, make a list of the actions you're taking to reach it using the table below

True actions	Feel good activities

Take more true actions

Practice taking more actions that get you tangible results (i.e. true actions).

A good idea is to incorporate them in your morning ritual whenever possible.

11. Intense desire

Creating a burning desire

Write down a few things you really desire in your life:

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Now, among the things you wrote down in the previous exercise, select the one that excites you the most.

The one thing I want the most:

Energizing your goals

Write down all the benefits you'll gain from achieving that goal. Try to be as specific as possible. Also, make sure that these reasons are linked to some of your core values.

Why I want that thing:

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-
-
-
-

Further energizing your goals

Now, for each benefit you've identified, write down what exactly it would look like and why it matters

Benefit #1:

What it would look like:

Why it matters:

Benefit #2:

What it would look like:

Why it matters:

Benefit #3:

What it would look like:

Why it matters:

Benefit #4:

What it would look like:

Why it matters:

Benefit #5:

What it would look like:

Why it matters:

12. Willingness to face discomfort

Select one thing that you believe is impossible for you (or very challenging)

Your impossible thing:

Think of the smallest step you could take in that direction and write it down:

Alternatively, if you can muster the courage, do that impossible thing now.

If needed, get support from people. It could be by having an accountability partner, hiring a coach or joining a group of like-minded people.

Part V. Sustaining belief long-term

13. The power of long-term thinking

If you were a long-term thinker what would you start doing differently? Write down your answers below:

Long-term belief vs. temporary self-doubt

Think of one goal you failed to achieve in the past? Now, imagine if you could go back in time and used the power of long-term belief. What would you have done differently?

The power of grit

Envision the worst-case scenarios

Think of your major goal. Now, write down what the worst-case scenarios could be:

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Determine your threshold for giving up

What could make you give up on that goal? Write down the criteria that would need to be met in order of you to throw in the towel.

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-
-
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Write down your bullet-proof timeframe

Finally, set a timeframe during which you will commit to work on that goal. For any major goal, you might want to consider giving yourself two to three years.

Your bullet-proof timeframe:

14. How to transition from short-term to long-term thinking

To develop your ability to think long term, complete the exercises below:

Creating a long-term vision

Think of a long-term goal or vision you'd like to pursue and write it down below:

Thinking of your long-term goals often

Write this long-term goal/vision and put it somewhere you can see it often

Dedicating time to focus on the big picture

Every week, dedicate at least 15 minutes to think of your long-term goal/vision and assess how well you're doing. Below are some questions you might want to ask yourself:

- What am I satisfied with?
- What do I want or need to improve?
- What can I do differently to speed up my progress?
- If I were to start the week all over again, what would I do differently?

- If I keep doing what I've done this week, will I achieve my long-term goal? If not, what changes do I need to make?
- Is my current strategy the best one possible? If not, how can I refine it to make it even better?
- What are the very few things that generate most of my results? Can I focus more on these things?
- What are all the things that haven't proven to be effective so far? Can I get rid of some of them?
- If I only work on one thing this week/month/year, what would be best in terms of overall progress?

Learning to love the process

Complete the sentence below:

For me, focusing more on the process would mean ...

Letting go of the fear of missing out

Complete the exercises below:

- Write down the area(s) of your life in which you experience fear of missing out.
- Select one specific area or goal and write down all the opportunities that actually exist out there. What are your options? What could you do about it?
- Take a moment to appreciate all the opportunities available to you.

Reminding yourself to be patient

Complete the exercises below:

- Create your own mantras such as "life is a marathon, not a sprint", or simply "be patient". Then think of them often, write them down and/or display them on your desk or on your wall.
- Watch Gary Vee's videos, "Overnight Success" and "People have forgotten the art of patience" on Youtube).

Focus on all the reasons you can be successful

Write down all the reasons why you can be successful. Repeat the same exercise whenever necessary.

15. Winning the emotional game

3 key characteristics of negative emotions

1. Negative emotions act as a spell
2. Negative emotions filter your experiences
3. Negative emotions attract more negative emotions

Complete the exercises below:

- Remember a time when everything felt hopeless or gloomy and you didn't believe you could be happy again. Then, realize your negative emotions eventually faded away.
- Think of three current challenges in your life one after the other. How does each make you feel? Now, visualize three things you're grateful for or excited about. Feel better?
- Think of one poor decision you made as a result of negative emotions (anger, hopelessness, frustration et cetera) or positive emotions (joy, euphoria, excitement, et cetera).
- For one full minute give yourself some words of encouragement. Remind yourself that you're doing well, that you have noble intentions and that you're proud of all the things you've accomplished. How does it make you feel?The importance of self-compassion

How to develop self-compassion

7-day self-compassion challenge

For the next seven days refrain from beating yourself up. Talk to yourself using kind words instead.

Changing your self-talk

Choose one day when you'll pay close attention to your self-talk.

Then, rate your self-talk on a scale from 1 to 10, one being extremely negative, ten being extremely positive.

Quality of my self-talk:

1

10

Did you notice anything in particular? (Recurrent thoughts, common threads, specific words etc). Write your comments below:

Now, what could you tell yourself instead in order to build long-term self-confidence?

The four motivators

Remember the four motivators below and use them whenever necessary.

1) Love

A sincere desire to contribute to the world and make a difference in people's lives.

2) Desire

Desire is different from love in that it's not about contributing to other people. It focuses instead on designing the life you want for yourself. It's about living life on your own terms.

3) Pain

Nobody wants to suffer, and we spend a lot of time shying away from pain. When used intelligently, pain can be an effective tool to motivate you when you'd rather do nothing.

4) Ego

Ego can also be a powerful motivator. You can use your desire to be successful, feel loved or prove those who didn't believe in you wrong, to your advantage.

THANK YOU SO MUCH!

I hope you will become the hero of your own story and achieve all your goals and dreams in the coming years.

Let me wish you all the best with your new endeavors. I'm very much looking forward to hearing from you.

If you have any questions send me an email at :
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- Click [here](#) to connect with me on my Facebook page.
- Click [here](#) to follow me on Instagram
- Click [here](#) to check out my author page.

Thanks a lot!

Thibaut Meurisse
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Other books by the author:

Crush Your Limits: Break Free From Limitations and Achieve Your True Potential

Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You

Habits That Stick: The Ultimate Guide to Building Powerful Habits That Stick Once And For All

Master Your Destiny: A Practical Guide to Rewrite Your Story and Become the Person You Want to Be

Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings

Master Your Focus: A Practical Guide to Stop Chasing the Next Things, See Projects Through, and Achieve Tangible Results

Master Your Motivation: A Practical Guide to Unstick Yourself, Build Momentum and Sustain Long-Term Motivation

Master Your Thinking: A Practical Guide to Align Yourself with Reality and Achieve Tangible Results in the Real World

Master Your Success: Timeless Principles to Develop Inner Confidence and Create Authentic Success

Productivity Beast: An Unconventional Guide to Getting Things Done

Success is Inevitable: 17 Laws to Unlock Your Hidden Potential, Skyrocket Your Confidence and Get What You Want From Life

The Greatness Manifesto: Overcome Fear and Go After What You Really Want

The One Goal: Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results

The Passion Manifesto: Escape the Rat Race, Uncover Your Passion and Design a Career and Life You Love

The Ultimate Goal Setting Planner: Become an Unstoppable Goal Achiever in 90 Days or Less

The Thriving Introvert: Embrace the Gift of Introversion and Live the Life You Were Meant to Live

Upgrade Yourself: Simple Strategies to Transform Your Mindset, Improve Your Habits and Change Your Life

Wake Up Call: How to Take Control of Your Morning and Transform Your Life