

Refuze to Live Average

by Tony Kates

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CREATING CONGRUENCE IN YOUR LIFE

1. ANALYSE YOUR OWN DESIRES

What do you deeply desire? Reject all those things that you think you should desire and focus on what you actually want. You may be surprised at the results. Accessing your true desires will give you a superfast route to creating positive changes in your life that feel effortless and fun.

Begin to analyse your own desires.

Q: What do you really want to happen in your life?

Q: What is stopping you to reach for it?

2. START TO TELL YOURSELF A NEW STORY

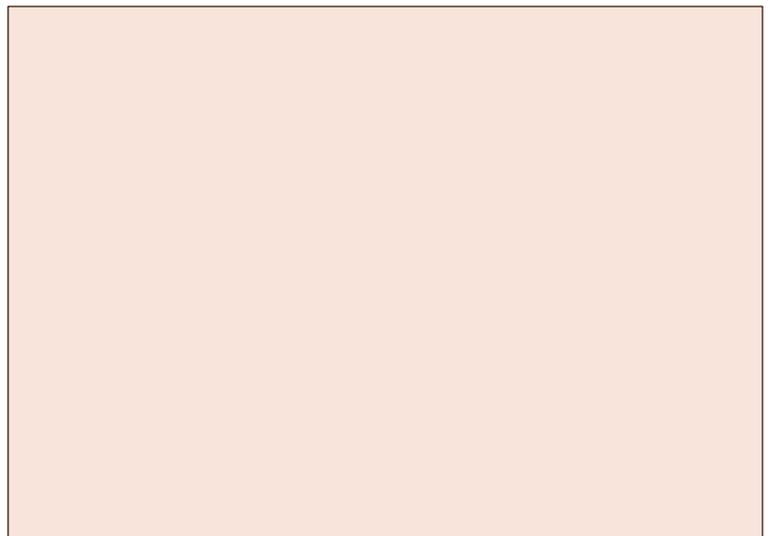
Think about the messages that you are telling yourself. If you tell yourself that you are stuck, then you are indeed stuck. Begin to think about how you can start to tell yourself a new story. Perhaps you are not 'stuck', perhaps you are 'pausing on the cusp of change'?

Talk to yourself.

Q: What negative things do you usually tell yourself?



Q: How will you say the things above in a positive note that can motivate you?



3. BE CONFIDENT ABOUT YOUR ABILITY TO CHANGE

I had a client who told herself that she was indecisive and a procrastinator. Sure enough, she believed this so utterly that she had created an image of herself as indecisive. She procrastinated because she believed this was how she was. I used to be the same. I told myself that I was a lazy person who never finished things. When I started to unravel that belief and stack evidence for myself to the contrary, I began to believe that actually I wasn't lazy. Believing that led me to become more decisive about my actions and I began believe that I was far more productive that I gave myself credit for.

Think about the beliefs you have about your own ability to change.

Q: What negative attitudes or traits do you believe you have?

Q: How are these negative behavior affecting you in doing what you want?

4. DISPROVE YOUR NEGATIVE BELIEFS

If you think you are incapable of making decisions, create a list of all the decisions that you have made in the past week alone. What to wear in the morning? What to eat for your lunch? What to read? Who to call? You will find that your actions don't necessarily confirm your beliefs. This list will show the ways that you are acting incongruently with your beliefs.

Build up evidence that disproves that negative beliefs.

Q: Think of a situation where you didn't act the way you believe you would?

Q: What motivated you to act out positively instead of negatively?

5. FIND WAYS TO EXPRESS YOUR BELIEFS

Hypnosis works by creating new suggestions in your subconscious and changing the way that you interpret your reality. Perhaps in the past you told yourself that you were lacking in clarity? Begin to rephrase that as “I am someone who seeks clarity because I am a deep thinker and I believe that the answer is out there for me”

Begin to find different ways of expressing your beliefs.

Q: How do you usually motivate yourself?

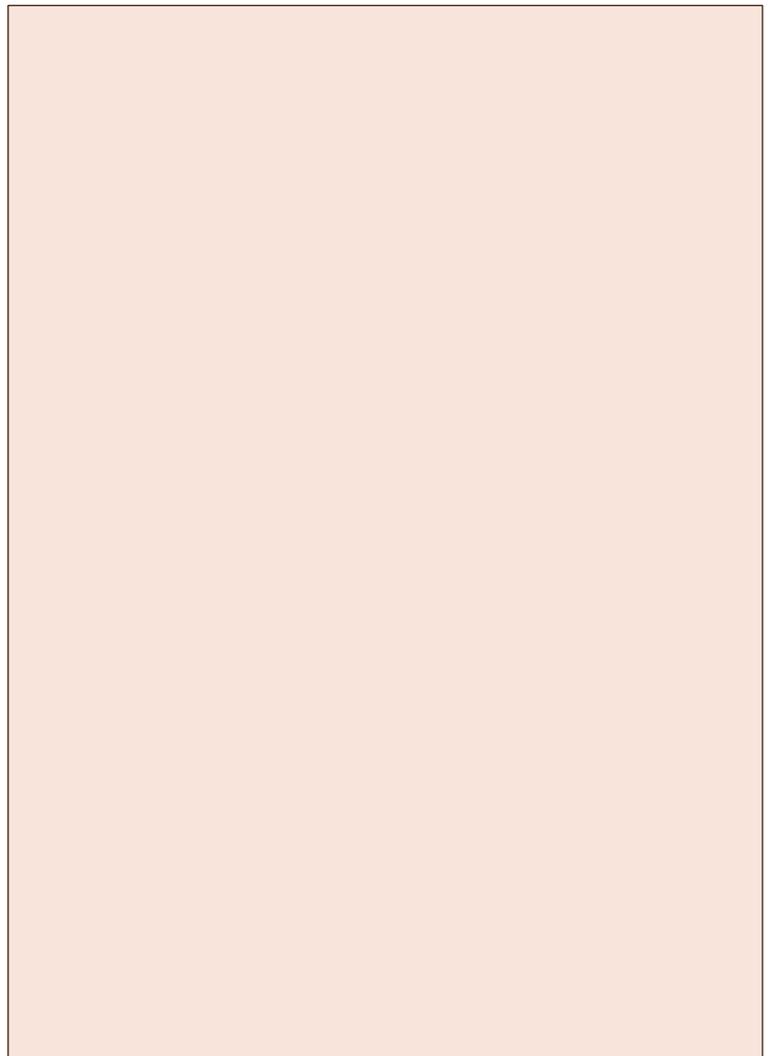
Q: What is the most effective way for you to express yourself?

6. ACT THAT THE CHANGE IS ALREADY HAPPENING

Picking up the phone and seeking help is the act of someone who is already beginning to change. Seeking help is an action. It shows that you believe that change is possible and probable and that you are the kind of person who does what it takes to make things better. Seeking help shows self-belief and courage. It shows that you're 'turning point' is already behind you. You are already changing. Bravo!

The key to changing is acting as if change is already occurring.

Q: For the next 7 days, try to write down situations and instances where you can see the changes in your life. Also take note of the various triggers/motivations that made you do those things.



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HOW HAVE YOU CREATED
CHANGE IN YOUR LIFE IN THE
PAST? WHAT AREAS OF YOUR LIFE
HAVE YOU NOTICED ARE
INCONGRUENT WITH THE VISION
THAT YOU HAVE FOR YOUR IDEAL
LIFE? WHAT WAS YOUR
PERSONAL TURNING POINT?

– I LOVE HEARING ABOUT HOW
OTHERS HAVE CREATED CHANGE
IN THEIR LIVES!

Tony Kates
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This 13-Day FREE Virtual Training Event is what you need to Refuze to Live Average.

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