

Exercise

What If I Believed... ?

So often we are not aware that we are thinking about negative and unwanted things that could happen in a situation instead of using our mind to expect and anticipate good things to come. It's important to remember that we go where our attention goes, and with just a simple but powerful turn of thought we can shift from believing (and moving in the direction of) the worst of something to believing (and experiencing) the best that is already in motion and waiting for our awareness!

The exercise below is designed to help you shift your thinking to tap into the realm where possibilities become reality. It can be done both as a writing exercise and as a thinking exercise to practice in your mind throughout the day. The intention is to use the question "*What if I believed...*" to prompt you to begin thinking and believing (and therefore experiencing) something new and different with whatever topic or situation you want to see improvement. Remember, the better your thoughts feel as you think them, the greater your power to allow the manifestation of everything you have been asking for!

Begin in Part A with the phrase "*What if I believed...*" and then use one or more of the prompts listed below to complete your question, such as "*What if I believed something better?*" or "*What if I believed that this was easier than I ever imagined?*". After asking yourself the new question, feel the flow of new thoughts and energy that come in response to your new stream of thinking. Writing your responses down is strongly encouraged and can open up the flow of answers from within you even more!

Then follow up by asking yourself the three pivotal questions in Part B: *If I believed this, then... What would I feel now? What would I think next? What would I do then?* Feel the new possibilities that you have opened up for yourself just from asking a different and more empowering question! You have pointed yourself in a new direction... what do you feel now? What will you think next? What will you do then?

Part A:

What if I believed...

- ...something different?
- ...something better?
- ...that this problem was already solved?
- ...that I was being shown a new way?
- ...that things were about to become so much better than I've ever dreamed?
- ...that the answer to this was much simpler than I have been thinking?
- ...that I have received what I have asked for?
- ...that I had unknown resources inside of me that were about to be tapped?
- ...that this was easier than I ever imagined?
- ...that this could be fun?
- ...that I could listen to myself?
- ...that I could trust myself?

Part B:

If I believed this, then... What would I feel now? What would I think next? What would I do then?