



## **Belief Blueprint Reset**

*The greatest griefs are those we cause ourselves.*

**-SOPHOCLES-** *Oedipus Rex- Greek tragic dramatist (496 BC - 406 BC)*

What is belief? The dictionary defines it as: “a feeling of being sure.”

“Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.”

~ Mahatma Gandhi

Your beliefs drive your behavior. That continued behavior cements your belief. After repetition, that behavior becomes automatic until you do not even realize what you do, say, and create. It all comes from what you believe.

This makes absolute sense, right?

But what if what you believe does not serve you? What if what you believe was created from:

- A place of survival
- False perceptions
- From someone else’s programming?

All our adult beliefs come from one of these 3 areas.

Whatever you believe you deserve is what you get. Look around you....what do you see?

Do you have everything you want in your life?

Do your beliefs about who you are, what you deserve, what career you work in, money, relationships; everything in your life serve you?

Do you have everything in your life that you want?

If not, it’s time to visit your beliefs.

If what you want is in direct opposition from what you really believe, you will struggle to achieve and manifest what you want.

It’s that simple.

Life does not have to be a struggle. We make it a struggle with a belief system based on false information. Isn't it time to correct your belief system to support what you want in your life?

### **Beliefs create emotions – E-motions – energy in motion, which attract it's like**

There are 2 E-motions that rule our lives:

- Love
- Lack of love

These "Lack of love" belief's come up as:

- I'm not good enough. (Don't feel confident)
- I don't have what it takes. (Fear)- I'm Shy
- I don't deserve it. (Low self- esteem)

Everything that we believe comes from one of these.

That energy creates it's like, so if you live in a belief that is lack of love, then, people, situations and events that mirror lack of love will show up.

However, if your belief is of love, love of yourself, therefore, love of others, of your life, of your relationships, etc. then you will attract more in your life to love.

It's that simple, but not that easy

As you discover your undercover belief, be aware that a sense of fear may surface. This is how you will know you are really on your healing path.

This fear is typically buried deep within, covered over by many different layers. Remember, we all have deep beliefs that, if not checked, will sabotage our path forward.

These fears and wounds revolve around these three beliefs created from decisions made in our childhood. We cannot manifest a new belief if we are secretly holding on to an opposing belief. It is especially important to pay attention to opposing beliefs that we have created to protect ourselves. They will start to come up as you start to find your truth and really pursue your dreams.

The process of change is.....(Continued on Belief Blueprint Reset Questionnaire, request a copy below)

If you would like to explore your belief system further and would like to have the entire Questionnaire/Worksheet sent FREE, please email us at: [pheitz@patriciaheitz.com](mailto:pheitz@patriciaheitz.com) and request:

**Belief Blueprint Reset Questionnaire**