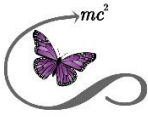


The Success Trap - Why You Feel Stuck



Transformational Change

DAY 2 – Discover The Power of Your Mind

To understand how your conscious mind (thinking) programs your subconscious mind (behavior + results).

- 1)
 - **What are you thinking about most of the day?**
 - **What are you reading, watching, or listening to?**
 - **Are you accepting ideas that move you forward—or hold you back?**

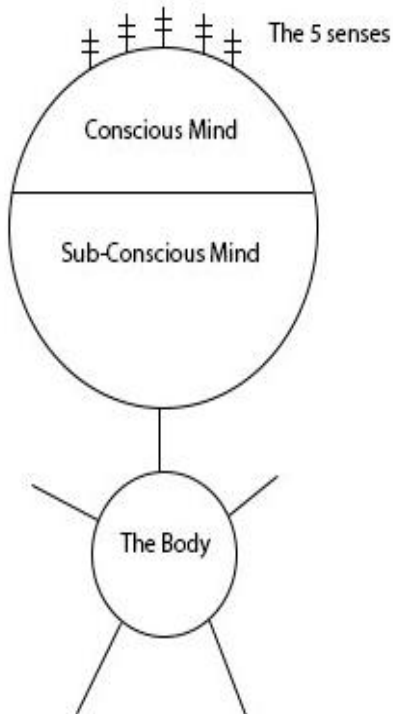
- 2) What has your subconscious mind been programmed to believe?
Your subconscious mind doesn't question—it acts on what has been repeated and emotionally accepted.
 - **What beliefs about success, work, or responsibility might be holding you back?**
 - **Where in your life do you feel you have given away your power?**

3) What new idea will you consciously choose and repeat?

Change happens when the conscious mind intentionally feeds the subconscious a new idea—over and over – with emotion.

- **What new belief about yourself would support the life you want?**
- **What is one courageous decision you know you need to make?**

The conscious mind is the thinker. The subconscious mind is the doer. Whatever you impress upon the subconscious—through repetition and emotion—becomes your reality.



At the top is your **conscious mind**—this is your thinking mind.

This is where you choose ideas. You can accept or reject anything.

But here's the catch—whatever you *keep thinking about*, and especially what you attach emotion to, gets impressed into the **subconscious mind**.

The subconscious doesn't argue. It just executes. It controls your behavior, your habits, your reactions.

So your **actions** → **create your results...** but your actions are coming from your subconscious programming.

If you don't like your results, don't fight the results—change what you're impressing on the subconscious.

SUMMARY
DAY TWO OF THE CHALLENGE
DISCOVER THE POWER OF YOUR MIND

