



CLEAR YOUR CLIENTS' LIMITING BELIEFS

...and clear your own limiting
beliefs while you're at it.

LION GOODMAN, PCC



Begin by Defining Success for You



What is success to you? Psychologists, coaches, and armchair philosophers offer many different definitions, but they can all be placed into two major categories: *external* and *internal*.

Common Definitions of External Success

- I'm making a significant contribution to people around the world.
- My practice is as full as I want it to be.
- I'm providing well for my family.
- I can purchase whatever I want – whenever I want.
- I am seen and recognized as an expert in my field.
- I have a substantial retirement fund for my future.
- I enjoy adventurous or luxurious vacations.

Common Definitions of Internal Success

- I am living my life purpose and making a significant difference.
- I am loved, cared for, and secure in my relationships.
- I am a wise, loving and generous person.
- My life is full of peace and harmony.
- I feel abundant and prosperous in all areas.
- I am a good person with strong moral and ethical values.
- I am always learning and growing.



What Do You Believe About Success?

**You want to be more successful in your life,
and so do your clients. That's why they come to you!**



What is success *really*?

It all depends on what you believe...

Your *beliefs* are the crucial factor in how happy you are, how effective you are, and how successful you are.

What holds you back from achieving success? Your limiting beliefs, early programming, and childhood wounds. They prevent you from being as successful as you want to be. The same is true about your clients.

**You already know that you should get rid of your limiting beliefs,
silence those negative inner voices, and heal your inner child.**

The question is: *HOW*?

You tried many different methods and techniques to change them. Yet those old programs persist, or return again and again. They continue to interfere with your thoughts, feelings, decisions, and actions.

Would you like to learn how to clear limiting beliefs *completely* and *permanently* from the subconscious mind?

If so, you're reading the right book.



Let's explore your beliefs about Success.



Begin your inner research by writing down *your* definitions of success.

Then, identify what you *believe* about each condition, and how those beliefs show up in your life. (You may have many beliefs associated with each of your definitions.) Here's an example of what your list might look like:

What Success Is	What I believe...
Success is having a full practice.	I want that, and I don't have that.
Success is getting new clients easily, without having to do any marketing.	What I've tried hasn't worked so far.
Success is being well known as an expert in my field.	I need to learn more to be seen as an expert.
Success is having work-life balance.	I am completely out of balance.
Success is having enough money to take a luxury vacation.	Uhhh, no.
Success is looking and feeling good in my body.	Frankly, I don't feel so hot...

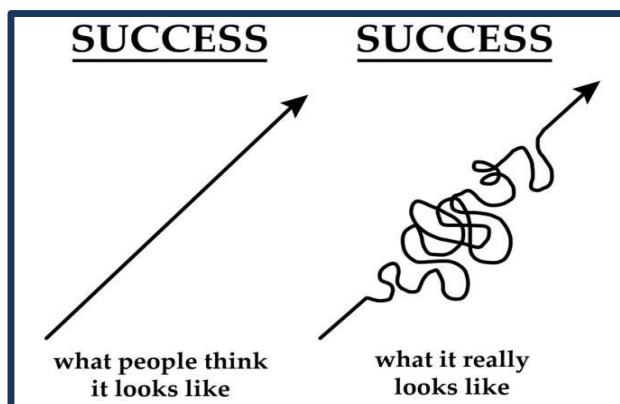


You'll use your answers later, so take a few minutes now to do this simple exercise:

What Success Is...	What I believe...



You've probably seen a version of this:



The path to success is usually twisted, gnarly, and sometimes dark and confusing. To become more successful in the world, you must deal with the stuff that comes up along the way: *resistance, blocks, barriers, difficulties, and even failures.*

You've likely spent a small fortune in pursuit of your education and credentials. You expected it to produce ever-increasing success and happiness. That's what you were told. That's what you believed. **But it hasn't worked out that way.**



Your Clients Want to be Successful in Their Lives.



Your clients are like you. They, too, have beliefs, and they have *stuff* in their way – and they don’t understand why.

You may hear them making these kinds of comments:

- *“Life isn’t working for me. What’s wrong with me?”*
- *“I haven’t achieved my goals. I keep getting distracted.”*
- *“I just can’t do those things. I don’t know why.”*

Success is possible for your clients – and for you.

What we need is transformation at the deepest level of our psyche – beneath the story – inside our belief structure (also called schemas, paradigms, constructs, etc.). This is the infrastructure layer of the mind – the Human Operating System.

When you change a belief *at the core of the psyche*, everything related to that belief also changes. They see themselves differently, they relate to others differently, and they show up in the world differently. New possibilities and opportunities naturally open because of these changes, leading to more success and happiness.

That’s what your clients are looking for – a profound shift in who they are and how they show up in their world.



Our Premise

Most people get stopped, stymied, or frustrated in their pursuit of success because of their negative and limiting beliefs (stories, perspectives, viewpoints) – NOT because of any external circumstances. They quit, so they never achieve their goals.

Assumptions (Beliefs)

Assumption 1: Limiting beliefs *can* be cleared from the psyche *completely and permanently*.

Assumption 2: Transform a belief at the *core, multidimensionally*, and that change will echoes throughout your life.

Assumption 3: You can learn to clear your own beliefs.

Assumption 4: You can learn to help others clear their beliefs.

Assumption 5: By enhancing others' lives, you enhance your own.



**All you need now is
a methodology for
clearing beliefs
rapidly and permanently.**

[Note: The *Clear Beliefs Method* has its roots in a wide variety of sources and studies including developmental and positive psychology. This methodology utilizes guided visualization, memory reconsolidation, and a variety of inner transformation tools. It is designed for treating limiting beliefs, developmental traumas and negative programming in functional adults. It is not designed for clients with diagnosed or demonstrated clinical psychopathies. The author is not a physician, psychologist or mental health professional. He is a Professional Certified Coach, lifetime inner discoverer, and teacher. Refer any client who exhibits or has been diagnosed with any mental health disorder to a trained professional.]



Why Most Methods Produce Temporary Results

Most belief-change methods produce only temporary results.

Why? Because they focus on only one or two aspects of the Self.

Some methods take a purely *intellectual* or *cognitive* approach to changing the mind. Others focus on *emotions*, emphasizing the release of pent-up feelings. There are *psychological* approaches, *physical body* approaches, *spiritual* approaches, *bioenergetic* approaches and *spiritual approaches* – and they all help some people some of the time.



Most belief-change techniques claim that if you do the process often enough, the effects will eventually, or magically, become permanent – someday.

Unfortunately, that claim isn't true.

You are a complex, unique, multidimensional being. Your Self is an integrated whole, not merely disparate parts (body, mind, spirit, soul) loosely strung together.

Is there a subconscious mind, a conscious mind, and a super-conscious mind? That's a useful model... but there is really only One Mind, one Consciousness.

Is there an ego, id, and superego? Freud said there was, and many still refer to them as if they are separate things. They're not.

Is there a "limbic system" separate from the rest of the brain? No, it's connected to everything else, but it's discussed as if it could be lifted out and studied by itself.

Components of the Self are merely useful conventions. Our analytical mind tends to *reify* every concept – we turn complex processes into "things."

We can only truly heal (*make whole*) if we work with the entire Self – all aspects of our nature at once – and leave nothing out.



***ALL* Beliefs Are Limiting!**

Beliefs divide the world into partial bits of information. Any single bit can be judged as right or wrong, good or bad, true or false.

***All* beliefs limit our vision and shrink our possibilities.**



**Our beliefs create our experience of reality
by acting as colored lenses we see life *through*.**

Beliefs are the *infrastructure* of human consciousness.

They filter, shape, and color our experience of the world around us.

They filter out all evidence to the contrary (*confirmation bias*).

**We see what we expect to see, and then, what we see
verifies the belief filter we looked through initially.**



**Beliefs are the *alphabet* we use
to create the *language* of our experience.**



Do our beliefs really create our experience?

Try this experiment: *Feel what it feels like to hold each of the following beliefs.*

Say each of the following beliefs out loud, one at a time, as if you believe it 100%. Notice how you *feel* when you believe it.

This is like trying on clothes at a department store. You check to see how it looks on you externally, and how it makes you feel internally. Same here.

Try each one on one at a time. Take a minute to feel how you feel. What are the feelings produced by the belief? Then take it off, toss it aside, and try on the next one.

- **There's something wrong with me.**
- **I am alone, and different.**
- **I can't do it.**

Then try these:

- **I am a sacred and worthy being.**
- **I am a part of precious humanity.**
- **I'll do whatever it takes.**



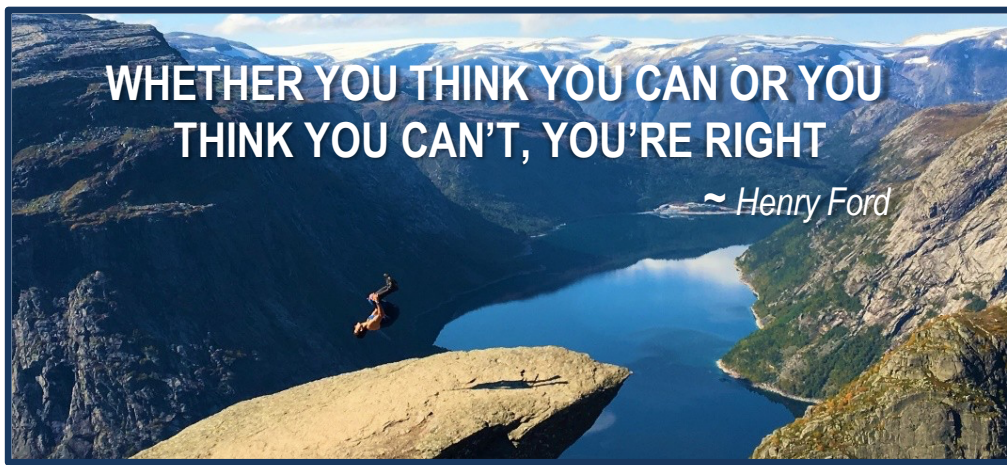
Now go back to the beliefs you wrote down about success and do the same exercise with each of those beliefs. Try each one on as if it's 100% true and notice the feelings it produces inside you.

Do your beliefs make you feel empowered? Ready to go out and get things done? Confident in your ability to create success?

Or do they produce fear, doubt, or overwhelm? Do you feel like giving up? Doing something else? Watching TV or YouTube? Eating something?

Notice how your *beliefs* about success impact your perceptions, thoughts, and feelings, and how they impact the actions you take.





Henry Ford understood how beliefs work. If you believe you will fail, you won't learn from your mistakes – or take the corrective actions needed to succeed. You'll quit trying and prove that you *are* really a failure.

Negative beliefs produce negative feelings, experiences, and thoughts. You hold back from taking action. You stop shining your light.

You choose from among the options you can see. Since beliefs limit our perceptions, our choices get reduced to a small number of possibilities.

If your beliefs are limited, your reality is limited.

Negative self-beliefs create internal resistance, confusion, stuckness, indecision, distractions, isolation, and at times, complete collapse.

On the other hand, positive self-beliefs motivate you to decide, act, take steps toward your goal, solve problems as they arise, and push through internal and external barriers with courage and resilience.

***It all depends on what you believe,
so why not change and improve your beliefs?***

You've accumulated tens of thousands of beliefs during your lifetime. Many of them are contradictory. *"I want to lose weight, and I don't want to give up sweets."* **This creates an inner battle, which is why life feels so exhausting and confusing at times.**

***With some detective work, you can find the belief
beneath any negative experience, and pull it up
by the roots – like a weed in a garden.***



Where Do Beliefs Come From?

Most of our beliefs were *indoctrinated* into us – by our parents, family, teachers, friends, religious authorities, culture, social groups, and the media. (This is a partial list.)

Indoctrination means a *doctrine* (a belief) is put *into* you. For the first three to five years of your life, your mind is on “record” mode. You take in everything you see, hear and feel. You absorb information about the world, especially what the big people around you do and say.



Our most primitive instinct is *to survive* – by any means necessary!

The best strategy for survival is to adopt the language, mannerisms, behavior, and beliefs of the people around you – as quickly as possible.

Children do this eagerly! Instinctively, we know that if we become *like* our parents, they will *like us* – and they won’t throw us out to the wolves. So, we adopt *every* belief we can from those Very Important People.

We also want to *belong* – which ensures our survival as social creatures. The best way to belong is to adopt the beliefs of the group you want to belong to. Choose a group: the family, church, the cool kids, the trouble-makers, the smart kids, the athletes, the rich folks, the powerful ones...

If we take on their beliefs and behaviors, we’ll be accepted and welcomed. If we don’t, we’ll be rejected, pushed out, ostracized. If that happens, we’ll be alone and vulnerable to predators, and we’ll die. These are very good reasons to adopt other people’s beliefs!



Are Beliefs Beneficial or Detrimental?



Beneficial beliefs keep us safe, healthy, and connected:

"Always look both ways before you cross the street."

Empowering beliefs create success in life:

"I can accomplish anything I set my mind to."

The belief *"I am loved"* produces feelings of security, comfort, and positive self-esteem.

There's no reason to change beliefs that are beneficial.

On the other hand, many beliefs interfere with how we feel and what we want to do.

The belief *"I'm unlovable"* produces the feelings of being separate and alone. Instead of reaching out to others for connection, we remain isolated. This adds evidence that the belief is true. *"No one is with me, so I'm obviously not lovable!"*

***ALL* beliefs are self-verifying because we perceive what we believe.**

It's virtually impossible to convince a strongly opinionated person that their beliefs might be wrong. Evidence to the contrary can't get through their belief filters. They are firmly entrenched in their point of view.

Are you firmly entrenched in any of your beliefs, perspectives, or points of view?



Track Beliefs to Their Source

If you believe, “*I’ll never play the piano,*” you won’t bother taking piano lessons, studying music theory, or practicing scales. That belief automatically limits your options, decisions and actions. The resulting reality: You’ll never play the piano. Which proves that your belief was true!

Negative self-beliefs produce unpleasant feelings that can last a lifetime. The belief, “*There’s something terribly wrong with me,*” is the core of shame – the most toxic emotion. The belief, “*I’ve done something wrong,*” produces feelings of guilt, regret, sadness, or fear. It can easily lead to disconnection from others, loneliness, or depression.

Negative self-beliefs limit your ability to see who you really are. You can’t see your infinite potential, or your true, glorious nature. You focus on a few tiny flaws in the middle of the awesome magnificence of being human.

Would you like to free yourself? Let’s get started.

How to Track Your Beliefs to Their Source

Negative self-beliefs can usually be traced back to their source in childhood. Ask yourself:

- Who first told me that and convinced me it was true?
- Was this belief indoctrinated into me by a parent, teacher or sibling?
- Did I come to that conclusion myself based on what was happening?

Write down your top 5 negative self-beliefs and their source:

A Belief About Myself	Where it Came From



What's Required to Finally and Completely Change a Belief?

Beliefs are created from human experience – and experience is multidimensional and multi-sensory.

Experience (and therefore beliefs) involve *all* aspects of the Self: mental, physical, emotional, energetic, spiritual, relational & environmental.



To clear a belief completely, *all* aspects of the Self must be involved in the deletion. Otherwise, the belief will continue to function within the other aspects of the Self.

This is why most methods of belief change produce only temporary results and are only partially effective.

Have you tried to get rid of a limiting belief – only to find that it returned in a few hours, days, or weeks?

This is why it happens:

Most people who teach belief-clearing techniques view beliefs as mental constructs – elements of the mind. They attempt to change the mind by employing mental and verbal processes. This can change the mental and verbal aspects of the belief, but it doesn't touch the many other aspects of Self – such as the emotional or physical bodies.

It's helpful to identify your limiting beliefs and recognize them as *not true*. But doesn't impact the subconscious mind – where beliefs reside.

This is like putting out the bulk of a forest fire but leaving embers burning underground. One good wind will re-ignite the conflagration. Our old beliefs lie sleeping in the subconscious with one eye open. Something triggers them, and they wake up and come to life, again and again.



Most processes require the client to repeat the procedure again and again – because it didn't delete the belief completely in the first place. Some belief-clearing methods employ tapping on body parts while reciting new beliefs (such as EFT). This may clear a belief's energetic signature, but the underlying belief remains lodged in all the other aspects of Self.

Most of us have tried affirmations, which is based on the hope that constantly repeating a new belief will eventually eliminate the old one.

Instead, what happens is that imposing a new belief stimulates the old beliefs to jump up and re-assert themselves, strengthening their power and their hold on you.



Talk therapies, where the client discusses their problem or issue out loud to a trusted therapist can be very useful. From time to time, a big breakthrough happens. But this happens rarely. Realization is not the same as transformation, and it isn't as long-lasting.

Cognitive Behavioral Therapy has the right idea. The goal is to help the client change their pattern of thinking and behavior underneath the difficulty. This outside-in approach works for many people – it is considered to be the most effective therapy available. However, it may take many sessions and a lot of practice to produce real long-term change. Focused on the conscious mental and verbal processes, it rarely touches the emotional and embodied aspects of the core belief.

Body-centered therapies such as Bioenergetics and Somatic Experiencing are more experiential, involving more aspects of the Self, so they can resolve past traumas and physical and emotional problems more completely. They are more effective than single-mode methods, producing real relief.

Every therapeutic technique is at least partially effective. Each one has its devotees. Most provide temporary relief but fail to create real change.



The Clear Beliefs Method

I spent 50 years researching and experimenting with 100+ processes to discover a method that could clear a belief completely from the *core of the psyche*, from *all* aspects of Self, effectively, permanently, and rapidly. I wanted a process that gave clients an empowered foundation for their long-term personal growth and achievement.

The Clear Beliefs Method of Trauma-Informed Therapeutic Coaching is a unique combination of mental, physical, emotional, energetic, relational and spiritual processes that produce deep, profound and permanent change – safely and efficiently.

When you treat the *cause* rather than the symptom, you get profound and permanent relief. The cause of most mental and emotional stress can be found in the core beliefs underneath your conscious thoughts, feelings and decisions. By working there, at the infrastructure level of Mind, we can make the biggest difference in the least amount of time. To do this, we have to involve all aspects of the Self, including the conscious, subconscious, and superconscious mind.

When you clear a belief from *all aspects of the Self at once*, everything becomes clear. All traces of the old belief are gone. The world looks different. Life changes profoundly, and the change is permanent.

When you have this skill of deep and profound transformation, you will be operating at the Master level of your craft. Your clients will become more successful – and so will you.

When you add these tools to your current practice, you will feel more skilled, and you will produce better results. Your reputation will soar.

The first step is, of course, to use the methodology to free yourself from your own limitations. You must prove that it works as well as we claim. Free yourself, then you can free others.

The Clear Beliefs Training is where it all happens.

Intrigued? Read on...



How We Remove Limiting Beliefs Permanently

The brain does not make a big distinction between what occurs in the real world and what occurs in imagination. Great books and movies drive our emotions and create powerful internal experiences.

In the ***Clear Beliefs Method***, we use the power of guided imagery and visualization in a unique way to produce dramatic results.

When you experience something that appears real, your mind accepts it as if it actually occurred. This accounts for the effectiveness of hypnotherapy and other similar processes.



Many hypnotherapists tell their client what to experience or what they should believe. This can cause defensive resistance, especially if the new belief pushes up against earlier beliefs (which it usually does). Their reliance on a trance state reduces a client's natural and healthy resistance to being programmed by another person. This can be dangerous.

Athletic teams use visualization to enhance players' performance. By imagining a successful move repeatedly, that move comes more easily on the field. It has also been shown that students who visualize getting high scores on tests tend to do better than those who don't.

Visualization and guided imagery are also used in many forms of healing, and the placebo effect is a well-known proof of the power of belief in enhancing the healing process.

The ***Clear Beliefs Method*** uses the power of imagination to communicate directly with the subconscious mind. In this unique form of guided imagery, we help our client see, feel, and understand the source of their limiting or negative belief, and we show them how to delete it completely from their life. In Psychology, this is called memory reconsolidation.



How to Optimize Transformation and Healing

When you create a garden, the first step is to clear the land by remove rocks and weeds. Then you can till and amend the soil.

Only when that's done do you plant your seeds. In the cleared ground, seeds will take root, grow, and blossom without interference.



It's the same in the psyche. You must clear the rocks and weeds of old limiting beliefs before you plant new empowering belief. Then the new belief can easily take root and blossom into a new experience of reality.

Trying to plant new beliefs on top of old ones is like throwing your seeds on rocky, weed ground.

A new belief planted in this way changes *everything*: your experience of yourself, your view of your capabilities, the way you relate to others, and how you respond to your circumstances. It's a complete re-boot of your *Human Operating System*.

As a practitioner, when you facilitate this transformational process and see the immediate and profound impact on your client, you feel the joy and meaning you were seeking when you first started working with people.

Your client feels the shift. They're less burdened, and more open. They feel lighter, and they look younger.

With the *Clear Beliefs Method*, you can make this a regular – even routine experience in your practice.

**Many practitioners call the *Clear Beliefs Method*
“A magic wand for creating deep, transformational healing.”**

**Inside every *BELIEF*
is a *LIE*.**



7 Steps Of The Clear Beliefs Method

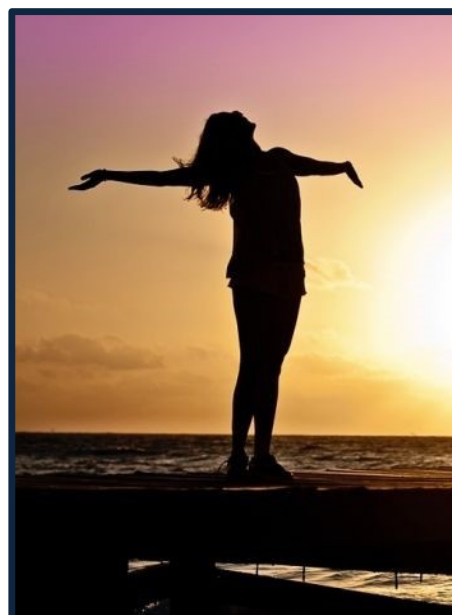
Clear Beliefs Coaches take their client on an inner journey of seven steps:

1. **Help the client *identify* the belief underneath the problem or issue they want to change.** The belief may have been indoctrinated or adopted, consciously or unconsciously.
2. **Have the client *feel* the belief and *experience it fully*,** using all their senses, feeling the impact of the belief throughout their life.
3. **Locate the belief's *original source*** in experiential memory, to understand why it was adopted and whether it is useful or not.
4. **Ask the client to consciously decide** whether to keep the belief or delete it permanently from their psyche.
5. **Guide the client in a process that eliminates the belief from all aspects of the Self.**
6. **Collaborate with the client to craft a new belief** that will support them in achieving their goals, living their highest virtues, and manifesting their vision and life purpose.
7. **Guide the client in a process to implant the new belief in all aspects of the Self so it can firmly anchor, grow and blossom.**

The practitioner guides their client through each step, slowly, safely and carefully. The entire process can take between fifteen minutes and an hour.

This process works so deeply in the psyche that the resulting impact is immediate and profound. **What was there, bothering the client for years, is simply... gone.**

Where there was struggle there is now ease. Where there was confusion, there is now clarity. Where barriers once stood, there is freedom and opportunity.



Now Clear Your Own Beliefs

Want to explore further? Begin with the following exercise.

In this exercise, you'll take an inventory of your beliefs in many areas of your life. First document them, then examine whether they are positive and empowering, or negative and limiting.

You can't completely *clear* a belief until you know exactly what it is and where it came from. Most beliefs are stored in the subconscious mind, where they hide out and operate below the level of your awareness.



Because you perceive and live *through* them, it's not easy to uncover them.

This process begins to flush them out into the light of awareness.

You may be surprised at what you find. That's a good thing!

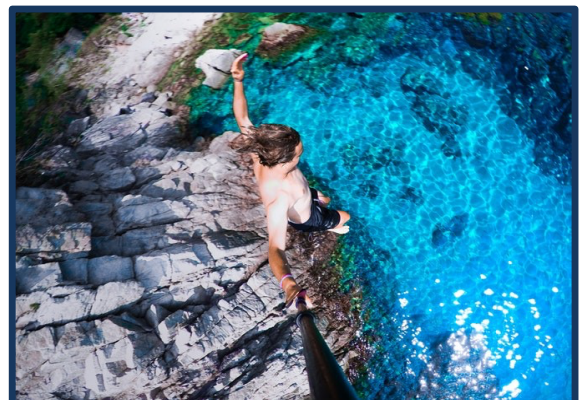
"Until you make the unconscious conscious, it will direct your life and you will call it fate."

~ Carl Jung

Are you ready to dive in and make more of your *unconscious* conscious?

If so, this inventory is the best next step.

Ready? Here we go...



Begin Your Belief Inventory

We all experience problems in our life.

The most important question is: *What is the cause?*

In our view, there's a belief (or cluster of beliefs) underneath almost every problem and issue in your life.

This **Belief Inventory** is like bringing an industrial vacuum cleaner into your subconscious mind. As you move the furniture around, you expose old beliefs (and dust bunnies) you didn't know were there.

Which beliefs are limiting your potential, preventing you from achieving what you want to accomplish? Once you identify them, you can bring them into a ***Clear Beliefs Coaching Session*** to permanently delete them from your psyche – and from your life.

Be fearless. Examine your own mind. Discover what lurks beneath your problematic feelings, perceptions, choices, and behaviors.

What has held you back from living the joyful and successful life you've always wanted? *[Hint: The answer lies within... in your belief system.]*



At the end of the exercise, you'll choose three negative beliefs that you want to clear out of your system, freeing you to be your True Self.

To learn how to delete them permanently, and free yourself from their influence, register for our **professional training**.

**Are you ready to begin the deep dive
into your subconscious mind?
Strap on your scuba gear, and let's jump in.**



Exercise 1: Excavate Your Beliefs

**If you're ready to explore your own subconscious programming...
Take out a pad of paper, journal, or open a new document.**

At the top of the page, write this prompt:

"Something I believe about myself is ____."

Next, **say** this phrase out loud (or silently if you're not alone), and turn your attention inward, listening to your mind's first response to the question. Be open to any thought, voice or automatic internal response to the statement.

Write down whatever came up first as a thought or answer. For example:
"I'm not good enough."

Then say the phrase again in this way:

"Something else I believe about myself is ____."

Write down whatever comes up as a thought, feeling, or voice.

Continue this process *at least 20 times*. The more times you repeat it, the more your subconscious mind will offer up deeper answers.

Don't judge answers that pop into your mind. Don't argue with yourself or censor ideas just because they're unpleasant. Allow them all to appear and present themselves, whatever they are, positive or negative. Honor them all and write them ALL down, even if they sound absurd or strange. If you have the thought, *"I don't believe that!"* write it down anyway. When your subconscious talks, it's a good time to listen!

Let your thoughts flow and keep your pen (or fingers) moving to record them. Repeat the steps until no new beliefs come up. It may take a while. Keep going until you feel complete and wrung out. It's not unusual to generate 25 or more beliefs.

When you feel complete, review the list of topics on the next page. Pick 5 "hot button" categories in your life. Repeat the exercise above with each of those topics, one at a time. Do the exercise with as many topics as you can in one sitting. Return to explore the remaining topics later. You are 'excavating' your mind so you can build a new and better foundation. It's difficult work, but it has an extraordinary result.



Explore Your Beliefs in Each of These Categories

Myself	My attitude
My body	My circumstances
My health	My relationships
My work	The world
My finances	The past
Money	The future
Success	My beliefs
My abilities	My Soul or Spirit
My limitations	God / Source / Creator

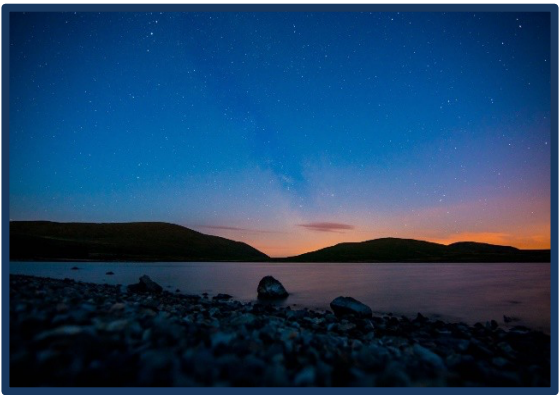
For example, if you decided to explore your **work**, say: ***“Something I believe about my work is...”*** and again, write down whatever comes to mind in response. Then, say the phrase again in this way: ***“Something else I believe about my work is ... ”***

The more times you say the prompt, the deeper your mind will dig – until it brings up your earliest beliefs. Your early beliefs are closer to the **core** and are more likely to be the **cause** of your problem or issues in that area of life.

This is a powerful exercise – give it your serious attention.

Work with as many topics as you can in one sitting, and **feel free to add other topics that interest you.**

When you feel complete enough for now, **go on to Exercise 2.**



Exercise 2: Dig Down to the Root

The next step will help you understand the beliefs that have been bothering you – perhaps for your whole life.

Review all the beliefs you wrote down and note how much ***negative charge*** each one has for you. *Circle five to ten beliefs* that give you the most negative emotional or psychic reaction.



Gather your circled beliefs into a new document. Then for *each* belief on this list, write your answers to each of the following questions:

- 1. Has this belief been *beneficial* to me in my life? Or *detrimental* to me?**
- 2. Was this belief *indoctrinated* into me? If so, by *whom*?**
- 3. Did I ever consciously *choose to believe it*? If so, when, and why?**
- 4. What *advantage* did I get or gain by having this belief? How did this belief *serve me* in my life? What did I *avoid experiencing* by having it?**
- 5. What would be different if I didn't have this belief? What could I do differently? Who would I be?**
- 6. Am I willing to delete this old belief and replace it with a more positive, beneficial, and empowering belief? When?**

After completing this part of the exercise, go back over your answers, and choose the **top three negative beliefs you would like to delete, change, or transform**. Write them here:

1) _____.

2) _____.

3) _____.



Exercise 3: Create New Empowering Beliefs

Whenever you delete an old belief from your psyche, what you create is *space* – an opening for something new. This creates an opportunity to install a new, positive, empowering belief in that open space.

If you don't fill the space with something new, the old belief can sneak back in from simple force of habit.

Look at your *#1 negative belief* on the previous page. What would you like to believe instead? A good place to start is its opposite, but don't stop there. You can enhance the new belief so that it feels supportive and positive for your body, mind, and life.

For example, if your old belief is, *"There's something wrong with me,"* you could replace it with, *"There's something right about me."* That belief is better, but it's not very empowering. If you push it all the way up the scale of positivity, you might come to: *"I am the light of my soul, shining with my own perfect light."* Can you feel the difference? **Go for that WOW! feeling.**

Here's another example: If you hold the old belief, *"I am not loved,"* you could replace it with *"I am loved,"* which is a very good belief to have. But feel what it would feel like to believe, *"I receive the power of love from the Universe and from all the people I respect and admire."* Or try this one on: ***"I AM love."***

You have the power to choose your own beliefs – so you might as well choose the most empowering, enlightening beliefs that you can imagine!

Because every belief produces a specific feeling and experience, try on the new candidate beliefs as if you were trying on new outfits at the store to find out what they feel like to wear. Say each new belief to yourself and feel what it feels like to believe it 100%. Keep modifying it to make it feel even better, trying on each new version. Keep modifying it until it's a **Wow!**

Another way to discover your ideal replacement belief is to ask yourself: *"What experience do I want to have in this part of my life?"* Imagine having that experience, feel that wonderful feeling as if it's happening right now, then ask yourself, *"What would someone have to believe in order to experience this?"* The answer to that question may be the belief you're looking for!



Now write down the positive replacement beliefs you *want to have* in place of your three negative or limiting beliefs.

My three replacement beliefs:

- 1) _____.
- 2) _____.
- 3) _____.

If you need support in this process, our *Clear Beliefs Coaches* are trained to guide you and optimize the results of each step. They will help you discover and uncover your negative core beliefs underneath your problem or issue, then help you *delete* them from the core of your psyche. They then help you shape your new beliefs to create the optimum outcome you want.

Congratulations!

You've completed the *first and most important step* of the Clear Beliefs Process.

Ready for the next step?

Schedule a free half-hour consultation with one of our Certified Clear Beliefs Coaches. They are in 45 countries around the world.

Fill out an application [HERE](#). One of our Coaches will be in touch with you soon to arrange a time to meet and discuss your needs, wants, and vision for the future.



Learn How to Clear Your Clients' Beliefs

Take the next step toward belief mastery.

In the **Clear Beliefs Institute's** upcoming training, ***Trauma-Informed Therapeutic Coaching***, you can learn how to rapidly transform your clients' negative core beliefs and old traumas rapidly and permanently. Of course, you start with your own.

These are the dramatic results you can create in your practice with your clients:

- Old childhood traumas resolve and no longer cause psychological pain.
- Lifelong problems melt away and get replaced with empowered actions.
- Formerly impossible opportunities open and become easily available.
- Performance on the job or in school naturally improves.
- Relationship discord and arguments are reduced dramatically.
- Financial blocks are replaced by vision, excitement, energy and commitment.
- Physical pain and ailments heal more quickly or disappear entirely.

Visit www.ClearBeliefs.com to learn more about our 6-month professional training for coaches, therapists, consultants, healers, social workers, teachers, and physicians.



The Clear Beliefs Training is accredited by both the International Coaching Federation and the Association for Coaching.

If you want to profoundly shift your clients and accelerate their growth, you need a proven set of advanced transformational tools. With them, you can help your clients clear out of the way whatever is in their way.

Would you like to know:

- How beliefs form – beginning in the womb.
- How our early learning about love impacts our ability to sustain and thrive in an intimate relationship.
- How to help your clients uncover the hidden drivers of their uncomfortable feelings, negative thoughts, and automatic reactions.
- Learn a set of powerful transformational techniques you can apply in your own practice immediately.

Join this training if:

- You're fascinated by the human mind and want specific techniques for helping clients heal their past and function more effectively.
- You want an effective method for immediate and permanent mindset and behavior change in your clients.
- You're a psychologist, psychotherapist, social worker or coach, and want to produce dramatic shifts in your clients and in yourself.

If you have any questions, feel free to reach out to me directly.



Lion Goodman, PCC

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**Scan to apply for a free half-hour
consultation with a
Certified ClearBeliefs Therapeutic Coach**



Clear Your Clients' Limiting Beliefs



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About the Author



Lion Goodman is a Professional Certified Therapeutic Coach and the creator of the [**Clear Beliefs Method of Trauma-Informed Therapeutic Coaching**](#), a technology for transforming beliefs at the core of the psyche, healing childhood trauma, and clearing the path to creation and manifestation.

More than 700 professional coaches, therapists, social workers and consultants have graduated from the ICF-accredited training to become a *Certified Clear Beliefs Coach*, with graduates in 45 countries around the world.

Lion is known as the *Subconscious Pattern Detective*, and he is a highly acclaimed teacher, healer of the psyche, consciousness explorer, men's group leader, husband, and proud father and grandfather.

He invested 50 years of study and practice in a wide range of fields including psychology, neuroscience, consciousness, spirituality, philosophy, shamanism and the principles of success. In his earlier career, he was an executive search consultant and executive coach, working with hundreds of CEOs and senior leaders in businesses across the U.S., from early-stage start-ups to Fortune 500 corporations.

He has taught workshops and trainings in 30 U.S. states and in Canada, Europe, Central America, and China. He is the author of 5 books: *Creating On Purpose*; *Clear Your Beliefs*; *The Narcissism Primer*; *Transforming Trauma*; and *Menlightenment*. His [articles](#) on consciousness, beliefs, psychology, and personal development have been widely published. He has appeared on more than 100 [podcasts](#), conferences, and programs.

With his partner, Carista Luminare, PhD, he founded an initiatory coaching program for leaders of businesses and organizations, [Luminary Leadership Institute](#), and he is a co-founder of [The Tribe of Men](#). Lion can be reached through lion@clearbeliefs.com or through [LinkedIn](#).

Personal, individualized coaching and healing: LionGoodman.com/coaching/