

How to Change your Life!

Exercise Workbook



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HOW DO WE CHANGE?

If you'd like to start your change process from home, here is a great system to use:

FIRST, identify what is it that you want.

We all seem to know what we don't want but what DO we want?

In the book *The Missing Piece (Peace) In Your Life*, Rob Williams talks about the goal of happiness. Happiness makes sense to our conscious mind but probably NOT to our subconscious mind.

The subconscious is the mind we need to change because that's the mind we mostly function from. Our subconscious language is mostly visual, auditory and kinesthetic.

If we repeat the affirmation "I am happy," for most of us, it's like speaking in Chinese to the subconscious.

We need to explain our goal to our subconscious mind in a language it can understand. This is one of the areas where positive affirmations fall short.

NOW, Get a piece of paper and pen and answer the following questions in order to explain your goal in a language your subconscious understands.



1. What is your goal?

Write it down. Make sure your goal is written in this format: first person, present tense, short, positively stated and emotionally meaningful.

If your goal is, "I am happy," ask yourself, what would that look like?

What would you see if you were truly happy?

Would you see yourself:

- on a beach?
- in a wedding dress?
- holding a child or grandchild?
- looking at the large balance on your bank statement?
- running a successful business you built,
- hugging someone with feelings of deep love or forgiveness?
- smiling with vibrance and health while running a race?

Write down three things you would see, things that would look different in your life if you had already accomplished your goal.

1 _____

2 _____

3 _____



2. Once you have accomplished your goal what would others be saying about you?

What would you be saying about yourself?

Write these both down.

What are others saying about you since you achieved your goals in step 1?

What are you saying about yourself since you achieved your goals in step 1?



3. How would you feel once you had accomplished this goal?

One word. Write it down.

You could choose a word like “happy”, “peaceful”, “joy”, “contentment”, “relaxed”, “excited”, etc.

Make sure you only pick one word.

4. Think about a time when you felt that one word answer in #3.

Close your eyes and really get into the feeling of that one word.

If you've never had that feeling, choose another word. Once you feel that feeling, ask yourself where in your body do you feel that feeling?

If that feeling had a color what would it be?

If it had a shape what would it be?

If it had a temperature what would it be?

If it had a texture what would it be?

Write these all down.

Where in your body do you feel the feeling from question 3?

If that feeling had a color what would it be?

If it had a shape what would it be?

If it had a temperature what would it be?

If it had a texture what would it be?



Next, ask yourself, is there any reason you would NOT want to accomplish this goal now that you've considered it at a deeper level?

Is there a down side you had not previously thought of if you accomplish this goal?

If you still want to accomplish this goal, even after considering any down sides to the goal, continue.

If you choose not to continue with this goal, choose another goal and start back at #1.

Your subconscious now understand the goal of “I am happy” or whichever goal you selected because you explained it in visual, auditory and kinesthetic terms.

The easiest way to get this new belief programed into your subconscious from home is to **repeat the new belief during the times of day that your brain is most hypnotic** after completing steps #1-3.

Your brain is most hypnotic just as you wake up and just as you fall asleep.

Repeat this new belief over and over, (eg. “I am happy.”) Say it like you mean it. Think of your detailed description of happy and really feel the feeling. Don’t be surprised if this subconscious change takes place the first time you repeat your new belief statement because you’ve explained it so well to your subconscious.

You’ve also repeated the new belief statement when you subconscious was in a state where it could make the change. You are actually rewriting the neuropathways of your brain!

Some find the subconscious change happens as soon as they go through steps 1-3, defining their goal and helping their subconscious to understand in visual, auditory and kinesthetic terms. Some still need to repeat the goal in the early morning or late night but it should not take more than a day if you really want and believe you can make the change. Do these exercises and expect to change quickly.

The subconscious is easy to reprogram if you do it the right way.

If you don’t feel “happy” or whatever your goal is one day after you’ve already done this exercise, repeat the new belief over and over in the early morning and again just as you fall asleep.

Then remind your conscious mind that your subconscious is now programed to be happy and get back into that feeling.

Remind yourself that unhappy was the old you but not anymore. Sometimes you just need a gentle reminder. You’ll be amazed how well this works! Don’t wait for it to work. Believe it will happen on the first try and it will!

As Henry Ford Says, “Whether you think you can or think you can’t, either way you are right.”



**Here's to happy and accomplishing
all your goals!**

All the best,



Jenny Harkleroad

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P.S. If you are curious if this is what we do during a balance session the answer is typically no. I've got a series of balance processes for subconscious change, most of them different from this process. This however is a great FREE process from home! Find out more about changing your life at BalancedYou.org.