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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Don't Let Negative Programming Create Your Reality**

**By Anita Foley**

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What have you been programmed to believe? Throughout your life, you have been programmed by your parents, your friends, your siblings, and yourself. Programming occurs as a result of repeated actions or messages. This programming creates your beliefs, your beliefs guide your actions, and your actions create your reality.

Positive programming results in optimistic beliefs and gratifying realities. For instance, if you were programmed, when you were six years old, to think the tooth fairy would give you a quarter for your tooth, you probably believed it. The result of this belief was most likely a gratifying experience. You were programmed by your parents, friends, or siblings to think there was a tooth fairy and you believed it. This belief guided your actions and you put your tooth under the pillow. This action created the gratifying reality, (i.e., you got your quarter!)

Unfortunately, not all programming results in beliefs as benevolent as the tooth fairy. Negative programming results in detrimental beliefs and disappointing realities. If you were programmed by your parents, friends, or siblings to think it is too risky to start your own business, you probably believe it. This belief guides your actions and you stay at your job. This action creates your disappointing reality, (i.e., you get a limited paycheck and give half of it to Uncle Sam.)

You've probably received a lot more negative programming than positive in your lifetime. You may have been told you weren't very good at something, or you'd never make a living if you chose a certain career path, or you'd never get a good job if you didn't go to college, or you'd poke your eye out if you ran with a stick. In addition, as if all that wasn't enough, you managed to impose your own self-limiting beliefs as well. You may have taken on the belief that you're too fat, too tall, too dumb, too skinny, too uneducated, or too lazy to pursue and accomplish your dreams.

Beliefs are such an important factor of success that you must learn to get rid of the negative,

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self-limiting ones and create positive, self-enabling beliefs. If programming creates your beliefs, and your beliefs guide your actions, and your actions create your reality, wouldn't it make sense to get rid of the negative programming?

So, what have you been programmed to believe? If you are letting negative programming create your reality, you must learn to rewrite the program!

Anita Foley of <http://Wealth-Happens.Tripod.com> publishes a motivational ezine providing information & inspiration, articles & resources, opportunities & action plans for netpreneurs. Get Your M.B.A. (Motivation, Belief, Action) plan in every issue! Subscribe by email to:

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### **Your Worst Habits Just Need To Be Reprogrammed!**

**By Seth Francis**

You have the power to train your mind to choose what you think, instead of allowing random thoughts to hold you hostage. Your goal is to become inner-directed and focused, so that you decide what you want to think, rather than have your thoughts and emotions determined by the world around you. The untrained mind has more emotional ups and downs because it is reacting to random thoughts. Focus on what you want with joy and enthusiasm.

Remember, just like the Earth, your brain does not discern what you plant. It will work just as hard to grow weeds as it will to grow beautiful flowers. You determine the seeds that are planted by what you say to yourself over and over.

Quite simply, you are a self-fulfilling prophecy because your subconscious mind does not know the difference between factual reality and imagined reality. If you focus on what you say you don't want, then you will create that as the dominate request in your experience.

So, keep focused on what you do want. Define yourself as the new person you chose to be. (Example: I am a perfect weight for my body and lifestyle.) If you are still looking to lose weight, you may want to say something like: I am allowing my body to obtain its perfect balance for health and vitality. Many of your beliefs have no foundation of truth, so instead of promoting your purpose, they hold you back from success.

If you think you are destined to be overweight, below average, poor, unlucky in love, clumsy, or even "not good at something," you will take actions that make these thoughts become reality. None of these thoughts are actually true, but thinking them creates beliefs and images in your mind that reinforce these negative statements until they actually become true for you.

Be aware of the directions you give your brain. Your internal dialogue, along with what you believe about situations, is how you create your emotions. Negative self-talk messages will cause you to give

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up before you even try something new. Always be aware that your words can make ominous predictions. If you say about your habit, "I'll never be able to stop this; I've been doing it so long."

You are programming yourself to believe that you are too weak and powerless to overcome the habit. These negative permissions clutter up your ability to change your behaviors. Pay attention to yourself when you hear yourself uttering negative permissions and negative reinforcements.

Avoid negative self-talk: "I can't do this. I don't understand. I'll look stupid. I'm too old to learn new skills. They make me feel stupid. That's just the way I am. There's nothing I can do. No one in my family can do it, so I know I cannot."

Change your self-talk to positive reinforcement for changing old behaviors (habits). A positive outlook creates more options for creative solutions. Remember, focus on what you want. Keep it simple and sure.

Seth Francis is the owner of

. Learn the true steps needed to Break

any Habit in only 21 days. With the help of Personal coach Lee Milteer, Seth is able to bring you a comprehensive program to help you dig deep into your inner self and release your habits from within, while reprogramming your mind. Copyright 2006 SPF Enterprises



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