

## Breaking the Habit of Being Yourself by Dr. Joe Dispenza

- 💡 I have within my reach, all I need to make significant changes in my life
- 💡 I change my inner world of thoughts and feelings; and confirm that my mind affects my outer world
- 💡 I am a divine creator
- 💡 I experience true empowerment when I look deeply at my beliefs - then weigh old ideas against new paradigms that serve me better
- 💡 I evolve in a state of joy and inspiration
- 💡 It is not enough for me to "think positive" because most of who I am might reside subconsciously as negativity in my body
- 💡 I am truly free when how I appear is who I am
- 💡 I meditate to get beyond my analytical mind and enter into my subconscious mind so I can make real and permanent changes
- 💡 I am on my way to mastery when I know that I know how to do something
- 💡 I live life as an idealized version of who I think and believe I can be
- 💡 I accept a new understanding of myself and the world so that I can embrace new knowledge and have new experiences
- 💡 I think, feel and act intentionally; knowing that my thoughts and feelings create my reality
- 💡 I get better each day at observing the life that I want
- 💡 Intentional thoughts need emotional energizers
- 💡 I focus my thoughts and harness my emotions to pull myself toward the potential reality that matches what I want
- 💡 I am grateful for what I know is coming my way
- 💡 The way I think directly affects my life
- 💡 I think greater than the circumstances of my life and am greater than the feelings that I have memorized in my body
- 💡 I chase my ideal self every day
- 💡 I gain power from the alignment of my mind & body, my intentions & behaviors, my thoughts & actions, and my words & deeds
- 💡 My dreams are independent of my environment
- 💡 I can change my beliefs, attitudes and behaviors just by thinking differently (mental rehearsal)
- 💡 I influence my brain to change before my desired experiences in preparation for better alignment
- 💡 I feel the way I think, then think the way I feel
- 💡 I think and act greater than how I feel
- 💡 I remain aware of my thoughts, actions and emotions
- 💡 I work to keep my new mind and reconditioned body in alignment and harmony
- 💡 I never let familiar feelings allow me to talk or think myself out of greatness
- 💡 I stretch myself to become better despite my inner addict who would rather remain in familiar territory
- 💡 I eliminate negative memorized emotions
- 💡 I focus on intended future events and plan how I will prepare and behave; leading to alignment of thoughts and experience
- 💡 I am more energy than physical matter; vibrating at the higher and more productive frequency of love
- 💡 I reduce stress and keep my ego in healthy balance between my needs and the needs of others
- 💡 My attention is where I place my energy
- 💡 I observe my present personality and unlearn who I used to be - so that I can free up energy to create a new personal reality
- 💡 I imagine fresh possibilities by asking open questions about what I really want, who I want to be and what I want to change
- 💡 I engage my creative mode to transform my thoughts into my new experiences
- 💡 I can change my brain at any time by focusing on new experiences and feelings; and thinking about modifying my behavior to match
- 💡 I record experiences chemically through my emotions
- 💡 I teach my body what my mind has learned by applying new knowledge and creating new experiences
- 💡 I personalize knowledge to help imagine a better version of myself and my resulting experiences
- 💡 I mentally rehearse my ideal self daily
- 💡 I match my intentions with my behaviors; thinking, acting and feeling differently whenever I choose
- 💡 Wisdom is accumulated knowledge that has been gained through repeated experience
- 💡 I reflect daily on what it would feel like to be happy, content, satisfied and at peace
- 💡 I change my reality by changing my state of being (coherent thoughts and feelings)
- 💡 I am grateful for my future experiences and give thanks ahead of the actual events
- 💡 I open my heart and think about how it would feel to embody a combination of all the traits that comprise my ideal self
- 💡 I align how I appear with who I really am
- 💡 I observe my emotions to understand who I am and who I want to be
- 💡 I learn from my experiences and transcend emotions to gain understanding and wisdom
- 💡 I remove all addictions - understanding that external stimuli is not the cure for internal feelings
- 💡 I leverage my internal world to change and improve my external experiences
- 💡 I confront my true self daily to create a new personality (personal reality)
- 💡 I un-memorize my self-limiting emotions; gaining freedom to live, think and act independently of restrained or constrained feelings
- 💡 I achieve freedom by staying consciously aware of my every thought, emotion and behavior
- 💡 I release energy from past experiences that attach me to current circumstances; and apply it to creating new and ambitious outcomes
- 💡 I meditate each day, observing unwanted emotions and focusing on who I want to become until it happens
- 💡 I observe how elements in my environment might trigger emotional responses
- 💡 I observe myself precisely and vigilantly so that I don't allow any unconscious thought, emotion or behavior to go unnoticed
- 💡 I focus consistently on becoming the greater version of myself that I want to be
- 💡 I plan my actions, speculate on possibilities, and dream of new states of mind - all to transform my thinking into new experiences
- 💡 I meditate to descend from Beta to Alpha to Theta state - where I can reprogram my subconscious mind
- 💡 I maintain a coherent and orderly mind so that I produce synchronized signals for a balanced and healthy body (homeostasis)
- 💡 I observe and change from Theta rather than analyze from Beta
- 💡 I leverage the power of highly synchronous and patterned energy
- 💡 I am clear and coherent in the creation of new empowering emotions and experiences
- 💡 I align my new personality and behaviors with my intended objectives
- 💡 I replace judgment with curiosity, disappointment with empathy and frustration with determination

- 💡 I notice the difference in the clarity and focus of my thoughts, intentions and feelings
- 💡 I claim power over my problems by naming and facing them
- 💡 I own who I really am, what my past mistakes have been and asking to be accepted
- 💡 I choose trust-based surrender vs. ego-controlled outcomes
- 💡 I accept that my outer world is a reflection of my inner reality
- 💡 I notice the beginnings of the feelings that drive my unconscious thoughts and habits
- 💡 I am aware of self-limiting states of being and behaviors
- 💡 I question whether my thoughts are true - or simply just what I think when I'm feeling limited
- 💡 I question whether acting on impulse will lead me to the same of different outcomes
- 💡 I strengthen who I am emotionally knowing that my unconscious actions and habits will align to match
- 💡 I un-memorize negative emotions and eliminate my destructive unconscious behaviors
- 💡 I pay attention to how I think and act when specific emotions are driving me; and interrupt old, destructive patterns
- 💡 I use my will, intention and sincerity to go beyond my urges
- 💡 I practice becoming unconsciously skilled through frequent and intense mind rehearsal
- 💡 I craft the future events that I want to experience by observing them into reality
- 💡 I keep my body aligned with my new mind so that nothing in my environment emotionally hooks me back to my old reality
- 💡 I make choices that are consistent with my new state of being
- 💡 I look for feedback in the form of opportunities, coincidences, flow, effortless change, better health, and insights
- 💡 I am the same person in my external environment that I am in my internal one during meditation
- 💡 I am greater than my present environment, past memories and associations
- 💡 I am able to cease my routine reactions to the same situations
- 💡 I release ego-driven overanalytical and critical thoughts in favor of becoming transparent
- 💡 My attention is where my energy is
- 💡 My new habits are true greatness, compassion, empowerment, love, awareness and generosity