

WORKBOOK

IDENTIFYING GROUND BELIEFS

Module 1- Physical



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Best wishes,

Maryia Oayda

INTRODUCTION

IDENTIFYING GROUND BELIEFS

TO BE USED ONLINE & OFFLINE

As it turns out, we humans are wonderfully resilient creatures and it is now an established fact that the wiring of the brain is plastic, which means that it can be rewired even when we are adults.

Why it is so important to challenge our own beliefs? Because even if we did not choose to believe all these beliefs that we believe, we agree to all of them. The primary source of controlling our life experiences is the subconscious mind, and we need to focus on reprogramming it than just shifting our conscious mind's beliefs

Now that you've hopefully had a revelation, I invite you to round up your experience by answering the questions I've provided you with in the workbook. Now is a good time to examine your thoughts and beliefs.

Opening the door to our greatest potential as human beings must begin with our willingness to embrace the fact that the potential for extraordinary things exists.

How do you think of yourself, your limits, and most importantly, your potential? The way you answer each of these questions will guide you to understand what you currently think of your potential. These answers can also serve as a compass that indicates the direction you may need to head towards if want to attain personal growth. The takeaway here is that your beliefs fuel your body.

EXERCISE: IDENTIFYING GROUND BELIEFS

Using single words or short phrases, answer the following questions as honestly as possible. For Yes/No questions, circle your answers.

Your Heritage

Do you believe that the origin of life was brought about by a chance event that happened hundreds and thousands of years ago, as conventional science suggests?

Yes | No

Do you believe that human life was brought about by a chance event that happened hundreds and thousands of years ago, as evolutionary theory suggests?

Yes | No

Do you believe that your genes affect your mental, emotional, physical and spiritual self?

Yes | No

Your Potential

Do you believe that you are capable of consciously influencing the events in your life, the quality of your life, and the length of your life?

Yes | No

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Do you believe that you can transform yourself from scratch and sculpture a totally new person?

Yes | No

Do you believe that behind every successful person lies luck and ability to show up in the right place/time? Yes | No

If you answered "No" to the previous question, continue to the "Define Your Beliefs" section below. If you answered "Yes" to the previous question, please continue on to the next question.

Do you believe you have the ability to trigger an array of emotions that will set up a certain emotional state where you can ultimately create any scenario of your life?

Yes | No

Do you believe you have the ability to trigger self-healing in your body on demand when you need it?

Yes | No

Do you believe you have the ability to trigger your deepest states of intuition on demand when you need them?

Yes | No

Do you believe you have the ability to self-regulate your immune system, your longevity hormones, and your overall health?

Yes | No

IDENTIFYING GROUND BELIEFS

Define Your Beliefs

When I notice something unusual happening with my body (sudden aches or pain, an unexplained rash, a rapid heartbeat for no apparent reason, etc...), I find myself feeling _____

When I notice something unusual happening with my body, the first thing I will think is _____

When I notice something unusual happening with my body, the first thing I will do is _____
