



## THE ROYAL REFRAME



# REFRAMING YOUR BELIEFS

Have you ever been curious about where your beliefs come from? Consider all the factors that shaped your beliefs like parents, cultural and societal norms, education, peers, and the news. Your personal experiences leave strong emotional imprints that shape your beliefs. You take on most of these learned belief systems without any evidence or personal experience of their truth. You align with others that share the same beliefs and judge or separate from those that differ. Each of your core beliefs started as a thought in reaction to a certain event, what someone else told you, or what you learned. These perceptions repeated often enough are accepted as truth in your mind and eventually become your beliefs. Many beliefs sit in the subconscious mind and influence or impact circumstances and outcomes in your life without your knowing.

Through emotional awareness you can reframe a limiting belief using the following questions as a guide:

**RECOGNIZE - WHAT IS THE BELIEF?**  
**RECOGNIZE - WHAT IS THE BELIEF?**

**RECALL - WHERE DID IT COME FROM?**  
**RECALL - WHERE DID IT COME FROM?**

**RELEASE - ARE YOU READY TO LET GO?**  
**RELEASE - ARE YOU READY TO LET GO?**

**REFRAME - WHAT IS THE NEW BELIEF?**  
**REFRAME - WHAT IS THE NEW BELIEF?**

 **IT'S A BEHAVIOR**