

The Guide To Unblocking Positive Beliefs and Manifesting What You Want

by Todd Creager




The Guide To Unblocking Positive Beliefs and Manifesting What You Want

The five keys make up the components of the WAFIT which I describe below:

1. **Words**
2. **Actions**
3. **Feelings**
4. **Images**
5. **Thoughts**

When you use the right words, actions, feelings, images and thoughts (WAFIT) you'll liberate yourself from the beliefs that are keeping you from attracting the love you truly want. You are a radiant woman and as you use this tool, you will uncover your natural radiance. From this place of radiance, you can attract your soulmate; the person with whom you can grow deeper in love and radiance together.



What is a “WAFIT?” you may ask?

What words do you tell yourself throughout the day?

Do you tell yourself that you are good enough or inadequate?

Do you tell yourself that you can achieve what you want and reach your goals or that you will fail?

Your self-talk contributes directly to how you feel and if you will succeed. These are the WORDS that you use in talking to yourself and others. It often represents things you heard and unconsciously agreed to as a child or it was an adaptation to make your early interpersonal living environment make sense.

- Do you act in ways that demonstrate courage and confidence or fear and insecurity?
- Do you act in ways that enhance or diminish your self-esteem

That means if we stuff our pain, we will stuff our good stuff, too, including our enthusiasm, passion and attraction.

Your ACTIONS reinforce your self perceptions and are possibly the most important influencers of your beliefs.

- What feelings do you carry around in you throughout the day?
- Do you feel anxious or angry or calm and compassionate?
- Do you feel a sense of adequacy and competence or inadequacy and failure?

Your FEELINGS, more than anything determine not only what beliefs you live by, but what you attract into your life. The other 4 tools all influence your feelings (actually all 5 are one big feedback loop), but how you feel throughout the day is the biggest clue to what belief(s) run you. If you feel optimistic more than not, that feeling of optimism and excitement will definitely pay you dividends. It is normal to go through ups and downs in your emotional state, but where you reside in your emotions more of the time largely determines what you manifest in your life.

- Do you anticipate success or brace for failure?
- Do you have a vision (image) of reaching your goal; can you picture it?
- Or do you picture one obstacle after another?
- What is your mental picture of yourself?

Your IMAGE of yourself and others is important to pay attention to. We tend to move towards our vision whether it is an unconscious, automatic vision or a conscious, intentional one. If you think about what you truly want and construct an intentional, conscious vision that incorporates what you want in your life, you will speak, act, feel and think in the direction of your vision. That is the desired image that you want to run your life.

- *Lastly, what thoughts do you focus on-negative or positive?*
- *Do you get caught up in any thought that crosses your mind or do you practice being more mindful. Mindfulness can mean that you become more selective and what thoughts you give energy too.*

***THOUGHTS* come very rapidly into our consciousness and you cannot control your thoughts**

or promise to never think a negative or limiting thought. These thoughts are part of being human. However, what you can do is to practice noticing what you are thinking and decide what you rather would be thinking and focus on the thought you want to think as opposed to the thought you don't want to think. It is actually pretty simple but we make it more difficult because we are habitual people who tend to live mindlessly.

What I am describing is the five building blocks of a belief. How we "WAFIT" creates the beliefs that we live by.




Below is a good sample of possible negative beliefs and possible preferred beliefs:

Possible Negative Beliefs	Possible Preferred Beliefs
<i>I'm not good enough.</i>	<i>I am good enough.</i>
<i>I don't deserve love.</i>	<i>I deserve love. I can have love.</i>
<i>I am a bad person.</i>	<i>I am a good (loving) person.</i>
<i>I am incompetent.</i>	<i>I am competent.</i>
<i>I am worthless/inadequate.</i>	<i>I am worthy. I am worthwhile.</i>
<i>I am shameful.</i>	<i>I am honorable.</i>
<i>I am not lovable.</i>	<i>I am lovable.</i>
<i>I deserve only bad things.</i>	<i>I deserve good things.</i>
<i>I am permanently damaged.</i>	<i>I am/can be healthy.</i>
<i>I am insignificant/unimportant.</i>	<i>I am significant/important.</i>
<i>I have to be perfect.</i>	<i>I am fine the way I am.</i>
<i>I cannot trust anyone.</i>	<i>I can choose whom to trust.</i>
<i>I am not safe.</i>	<i>I am safe now.</i>
<i>It's not safe to feel/show my emotions.</i>	<i>I can safely feel/show my emotions.</i>
<i>I am not in control.</i>	<i>I am now in control.</i>
<i>I am powerless/helpless.</i>	<i>I now have choices.</i>
<i>I cannot get what I want.</i>	<i>I can get what I want.</i>
<i>I cannot stand up for myself.</i>	<i>I can make my needs known.</i>
<i>I am a failure/will fail.</i>	<i>I can succeed.</i>
<i>I can't handle it (I'm out of control).</i>	<i>I can handle it.</i>

Our negative beliefs are learned from our environment, which includes our family, community, religion, culture, country and even world we live in. Those beliefs are internalized by a pattern of self-talk, behaviors, feelings we feel, images we picture and thoughts that we think.

The good news is that by changing these patterns, we can change our beliefs.

Below is your chance to answer the questions that will help you become more aware of your limiting WAFIT and concurrent belief.



What is Your Limiting WAFIT?

Automatic patterns and behaviors come from our negative self talk and beliefs that you use to justify cheating.

WORDS (Negative self talk)

What are your automatic negative self-statements?

What do you say to others that limit your self-perception?

ACTIONS

What behaviors do you do?

FEELINGS

What are your automatic ways of feeling regarding ?

IMAGES

What mental picture do you hold in your head that reinforce the negative belief?

THOUGHTS

What is your reactive thinking that contributes to the negative belief?



Here comes the fun part!

What do you want to believe?

Make it realistic but it has to come from your deepest desires! When I say realistic, it may still be very different than how you have believed about yourself until now. Then work backwards and follow the outline below to fill out your Liberating WAFIT which will reinforce your Liberating Belief.

What is Your Liberating WAFIT: (You can use the belief list above to see what positive beliefs resonate with you).

WORDS: *Affirmations- first person, present tense; declare it with feeling*

ACTIONS: *Act- “as if””; real pretending*

FEELINGS: *How would I feel if I believed what I wanted to believe?*

IMAGES: *Positive mental pictures in line with what you want to believe.*

THOUGHTS: *Intentional constructive thinking*



**In order to
change
a belief,
you need
to practice
the liberating
WAFIT.**

Brainstorm and practice with a friend or family member these new patterns, no matter how silly they may feel. It changes your neuro-chemistry, and you can now discover your “interpersonal” potential. Suspend judgment and be willing to WAFIT in ways that may at first make you feel awkward and strange.

Keep it up and these new ways of living will really grow on you! Enjoy attracting your soulmate!