

# Creating New Beliefs

BY GINNY GANE

Taking the time to go through and write down your answers to these questions will bring you enhanced awareness and ultimately shift your vibration closer towards your new belief. The process is simple.

- 1) Your reality is a reflection of your beliefs
- 2) Your beliefs are created by thinking the same thought over and over
- 3) You have the power to choose which thoughts you give more attention to
- 4) Thus you can create new beliefs based on what you want to experience

For right now I want you to get out of your logical mind, away from what you think is possible and ask yourself what you want to be true about your life. Here are some examples of beliefs you can choose to create: life is fun, life is full of adventure, things always workout for me, making money is easy, everyone appreciates and respects me, exercise is fun, my kids adore me, there are so many good people in this world, I live in such a loving community, it's easy to eat healthy foods, there is a positive perspective in everything.

## 1. What do I want to be true in my life?

*I want to be in love. I want to be adored. I want to be in the best most loving perfect relationship ever.*

## 2. What are my current belief about this?

*It's hard to find a good woman/man. Relationships are hard and take work. I'm not very good at relationships. True love is hard to come by.*

Often times my clients bring up how it is too much to jump from one belief to the opposite of that. For example, someone might not be able to buy into the idea that "True love is easy to experience" when there is so much evidence around them of broken love and relationships. This is why I have come up with the concept of Transition Beliefs. In my opinion, it is important to use statements that at least a part of you believes in. Using this method you gradually shift your vibration, which alters your experience and allows you to observe more evidence of your new beliefs. So for the next question, it's like asking yourself, what do I believe to be true now that is supportive of what I ultimately want to be true.

### 3. What are my transition beliefs?

*Some people out there have found true love, so I know it is possible. I know of couples who have very successful relationships. I believe everything happens in divine timing.*

Choose statements that feel good to you. Say the statement out loud and feel how it resonates in your body. You will know when the affirmation carry's power for you because of how it feels in your body. Your emotions are your guidance system, so use them.

### 4. What will be my new Belief?

*I am so loved and in love. I am in the most perfect romantic relationship.*

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Here are a few keys I want you to remember as you create new beliefs:

- ▶ Generally, learning a new thought pattern takes time
- ▶ Just because old thought patterns pop up, doesn't mean you aren't moving forward
- ▶ Pay attention to how an affirmation feels in your body, the affirmations of new beliefs that you use will change over time as you shift and how you feel will be your indicator

Answer these questions with one specific belief at a time ★★

## 1. What do I want to be true in my life?

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## 2. What is my current belief about this?

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## 3. What are my transition beliefs?

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## 4. What will be my new belief?

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Choose one statement or affirmation from questions 3 or 4 – take whichever one pops out and has the most emotional response to you, and write it down on paper and put it somewhere in your life where you will read it often. I have the affirmation “My dreams are coming true” posted right above the light switch in my room. If you feel inspired take a picture of your new belief, tag me on instagram @ginnygane and #creatingnewbeliefs – can't wait to see what you come up with!

The only work for you now is to continue to practice these new thoughts, so whenever you catch yourself in your old belief, kindly remind yourself that you are creating new beliefs and then use the affirmation you have created. Have so much fun!