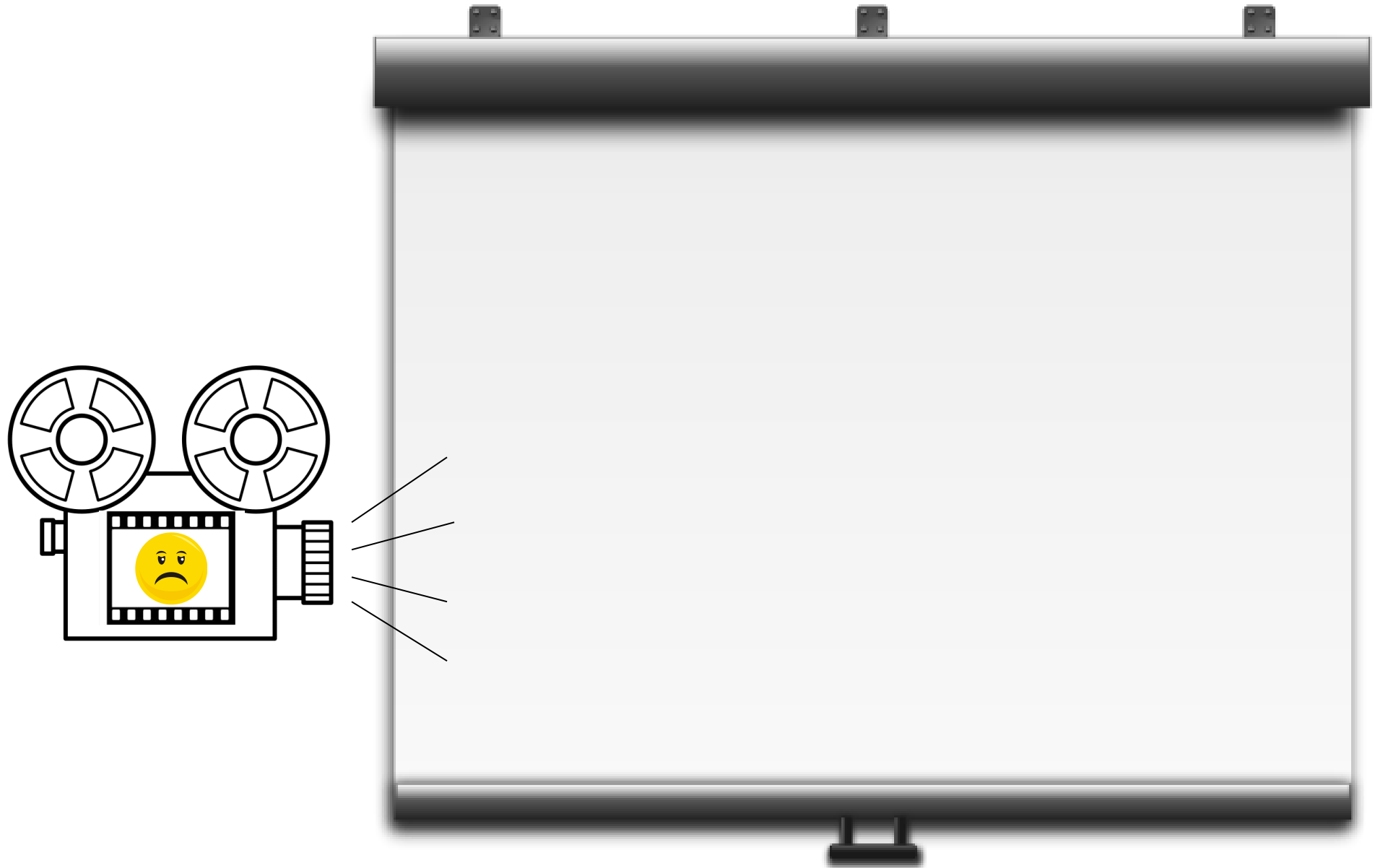


# Life Changing Exercise – Change Your Film

**Step 1:** Describe your reality as it stands now – what results are showing up that you don't want. Enter them on the screen below:



# Life Changing Exercise – Change Your Film

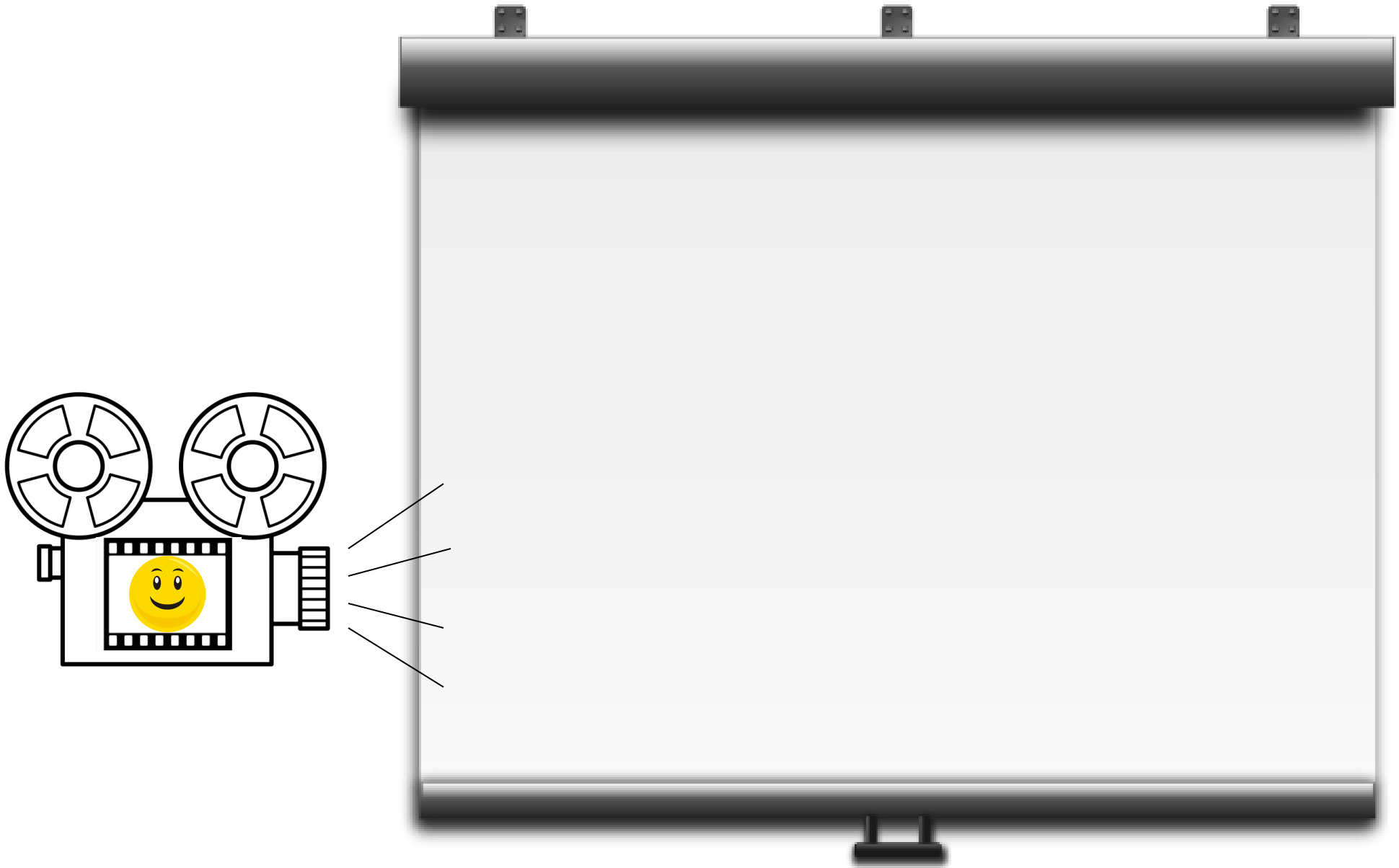
Step 2: Fill out the filmstrip that is creating the screen above.

Rating (1 out of 10): \_\_\_\_\_

The form is a filmstrip frame with a black border and sprocket holes at the top and bottom. It is divided into six rectangular sections by a horizontal line and two vertical lines. The top-left section is labeled 'Thoughts', the top-right 'Feelings', the bottom-left 'Visulizations/Images', the bottom-middle 'Expectations', and the bottom-right 'Memories'. In the center, a large, white, six-pointed star shape is superimposed over the grid. The word 'BELIEFS' is written in bold, black, uppercase letters at the top point of the star.

# Life Changing Exercise – Change Your Film

**Step 3:** Redesign your reality. What would you rather have show up in the story of your life?



# Life Changing Exercise – Change Your Film

**Step 4:** Create a new and improved filmstrip that will enable your reality to change to the above projection in Step 3. Rating (1 out of 10): \_\_\_\_

<b>Thoughts</b>	<b>BELIEFS</b>	<b>Feelings</b>
<b>Visulizations/Images</b>	<b>Expectations</b>	<b>Memories</b>

# Life Changing Exercise – Change Your Film

**Step 5:** Take steps to swap the current film with the new and improved film – do the meditation suggested within the book.

## Discover the contents of your films toolbox - reminders

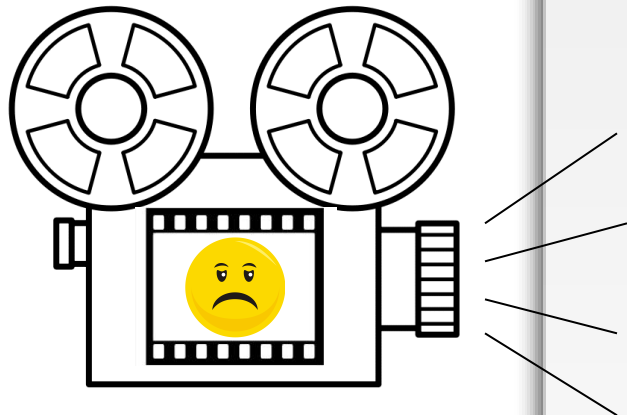
- Keep your old and new films nearby so you can add things when they come into your mind (both current and improved)
- Keep an eye on your feelings
- Aches and pains are sending you messages!
- Pay attention to your thoughts, fears, doubts and any self-talk that comes out
- Make a note of any reoccurring 'bad' memories
- Keep asking yourself, 'What am I expecting to happen?'
- Observe the visuals or movies you're playing in your mind
- Take an honest evaluation of your life
- Play detective in your journal
- Review a list of 'bad' beliefs versus 'good' beliefs in an effort to see where you are and where you might want to go
- Ask yourself, 'what must I believe for this to be true?'
- Keep a dream diary or analyze your dreams
- Find more on the website [www.HowLifeReallyWorks.com](http://www.HowLifeReallyWorks.com)

## How to create new films toolbox - reminders

- Have conversations with others to help notice 'bad' beliefs (find a belief buddy)
- Educate yourself on belief change and belief change methods
- Take time out to contemplate why your life outcomes are the way they are
- Meditations – 'mindfulness' to notice films and 'guided' to create new films
- Hypnosis to install new film components
- Create, memorize and recite affirmations
- Use your imagination purposefully to feel what your new film is like
- Reflect on empowering beliefs – find what's working well and use it in other areas
- Hold a belief swap – get together with others to discuss alternative beliefs around a particular issue or theme
- Find more on the website [www.HowLifeReallyWorks.com](http://www.HowLifeReallyWorks.com)

# Life Changing Exercise – Change Your Film

**Step 1:** Describe your bad life outcome or problematic life area in the screen below:



- I don't have enough money to do things I want to do
- I have more outgoings than I have incomings
- Every time I get extra money, something breaks and I have to use it all (like the flat tire on my car last week)
- I drive a rust-bucket car and am embarrassed to be seen in it
- I can't buy nice things for me or my family
- The money I make doesn't last
- My clothes are old and I feel terrible in them
- I'm afraid I won't be able to pay the mortgage and get food

# Life Changing Exercise – Change Your Film

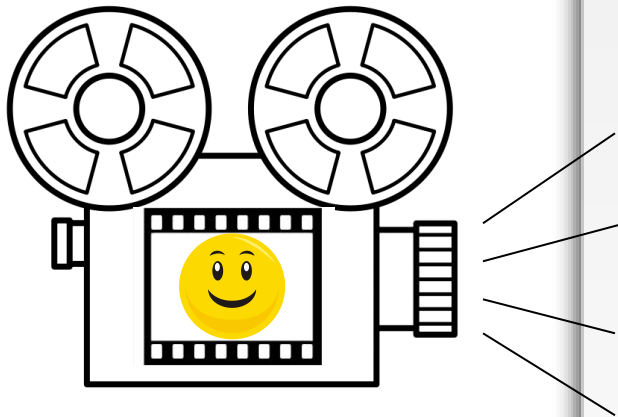
Step 2: Fill out the filmstrip that is creating the screen above.

Rating (1 out of 10): 2

BELIEFS	
<p><b>Thoughts</b></p> <ul style="list-style-type: none"> <li>- I was born poor, I'll always be poor</li> <li>- Money doesn't grow on trees</li> <li>- I'll never amount to anything</li> <li>- Life isn't fair – what's the sense of even trying</li> <li>- I'm so useless</li> <li>- I can't do anything right</li> </ul>	<p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>- Poor</li> <li>- Anxious</li> <li>- Depressed</li> <li>- Alone</li> <li>Physically</li> <li>- Headaches</li> <li>- Back issues</li> <li>- Ulcers</li> <li>- High blood pressure</li> </ul>
<p><b>Expectations</b></p> <ul style="list-style-type: none"> <li>- I expect to carry on as I have been (things don't change for people like me)</li> <li>- I expect my bills to get worse</li> <li>- I expect my life to be a struggle until the kids leave the house</li> </ul>	<p><b>Memories</b></p> <ul style="list-style-type: none"> <li>- Getting my lunches paid for by the school because my parents couldn't pay</li> <li>- Being made fun of because my jeans didn't fit me anymore</li> <li>- Getting told I'll never amount to anything by my father</li> </ul>
<p><b>Visulizations/Images</b></p> <ul style="list-style-type: none"> <li>- Having to buy hot dogs because it's all I can afford</li> <li>- Being all alone dressed in rags</li> <li>- My kids wanting to stay at a friend's house because it's better than ours</li> </ul>	<p><b>Thoughts</b></p> <ul style="list-style-type: none"> <li>- It's impossible to improve my situation</li> <li>- I'll never amount to anything</li> <li>- People like me never make money</li> <li>- Money is the root of all evil</li> <li>- People with money are greedy jerks</li> </ul>

# Life Changing Exercise – Change Your Film

**Step 3:** Redesign your reality.



- *I have more than enough money to do things I want to do*
- *I have more incomings than I have outgoing - Yippie*
- *Every time I get extra money, I buy something wonderful for me or the family (and it feels great)*
- *I drive a brand new car and love it*
- *I buy nice things for me and my family all the time*
- *The money I make not only lasts, but multiplies!*
- *My clothes are new, fashionable and gorgeous*
- *I enjoy paying the mortgage and get food easily*
- *The more I spend, the more I make*



# Life Changing Exercise – Change Your Film

Step 4: Create a new and improved filmstrip that will enable your reality to change to the above projection in Step 3. Rating (1 out of 10): 8

<b>BELIEFS</b>		
<p><b>Thoughts</b></p> <ul style="list-style-type: none"> <li>- I'll always be rich</li> <li>- Money does grow on trees</li> <li>- I amount to everything</li> <li>- Life is fair!</li> <li>- I'm so valuable</li> <li>- I do almost everything right!</li> </ul>	<ul style="list-style-type: none"> <li>- It's possible and probable to improve my situation</li> <li>- I'm amazing</li> <li>- People like me always make money</li> <li>- Money is awesome</li> <li>- People with money are great!</li> </ul>	<p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>- Rich</li> <li>- Peaceful</li> <li>- Excited/Happy</li> <li>- Connected</li> </ul> <p>Physically</p> <ul style="list-style-type: none"> <li>- Energised</li> <li>- Low blood pressure</li> </ul>
<p><b>Visualizations/Images</b></p> <ul style="list-style-type: none"> <li>- Having to buy steak, seafood and amazing desserts</li> <li>- Being connected with others and looking hot</li> <li>- My kids wanting to invite friends over because we're the coolest family around</li> </ul>	<p><b>Expectations</b></p> <ul style="list-style-type: none"> <li>- I expect things to get better and better for me – to make more and more money</li> <li>- I expect my bills to reduce</li> <li>- I expect my life to be a joy to live – especially while my kids are home</li> </ul>	<p><b>Memories</b></p> <ul style="list-style-type: none"> <li>- Winning \$500 at Bingo</li> <li>- Buying my first new business suite and feeling strong, proud and confident</li> <li>- Getting told by my teachers that I had huge potential</li> </ul>