

### Introduction

It is important to understand that who we are today is a direct result of the subconscious programming we received and have operated from earlier in our lives. Likewise, we all have programming that is no longer supporting us or our development.

Assuming you are now an adult, you would not be able to operate well in an adult world from this perspective. You would never get anything accomplished if you didn't speak up at work or in other environments where your input is important and necessary.

If this belief was your programming as a child, and it was never updated as you grew older, your life would be one of minimalism and ineffective outcomes

Source: <https://subconsciouschange.com/11-steps-creating-empowering-beliefs/>

### Steps for creating empowering belief statements.

**1. Short:** When you write a belief statement it should be short and no more than one sentence in length. Shorter sentences are much better than rambling statements.

**2. Meaningful:** The belief statement should be meaningful; that is emotionally moving and important. If there is little interest in the belief then it won't do much for you once it is installed as a new operating program.

**3. Quantifiable:** It is helpful if there is measurement included in the new belief statement. This means giving the belief statement some quantifiable point/s. Include how many hours, days, or weeks something will manifest within, or the amount of money you will see in your savings account.

**4. Concrete:** Your desires need to be concrete. Since the subconscious mind doesn't interpret abstract thoughts your statements need to be clear and precise and explain exactly what you mean and want.

**5. Realistic:** Beliefs need to be realistic, something you know you can attain. It can be better to stair-step your belief statements and keep increasing your goals rather than shooting for something that seems so distant that it appears unattainable. Big goals can be stated and worked with. If you want to be an astronaut or millionaire you can balance for that with PSYCH-K and include smaller steps to get to your goals.

### Steps continued

**6. Timely:** Create your belief statements using a reasonable time frame so you can acknowledge receiving the benefit of your goal. This allows you to remember you created the belief supporting the manifestation. If something you want in your life is too far in the future, you may not remember you actually created a belief statement about it.

**7. First Person:** Belief statements should always be created in first person. You can never press yourself upon another person. You are doing work for and with yourself, for your own well being. Therefore, use the word I, my, or me in your statements. Let other people take care of themselves.

**8. Present Tense:** The subconscious lives only in the present tense. Even if something occurred 15 years ago the subconscious still thinks of it as if it were happening right now. Eliminate any reference in your belief statements that indicates future or past tense. This includes words such as can, want, will (future tense) and did, had, wanted (past tense).

**9. Important:** Your belief statement should be about important changes you desire to have in your life. If something is unimportant or frivolous it isn't something really worth changing. Focus on what you really do want to have in your life!

**10. Positive:** Your statement must be written in positive terms. Use of the words, "not", "no", or words using "un-" at the beginning, or contractions with "n't" at the end of them, or use of double negatives cause confusion for the subconscious mind. The subconscious mind does not hear or pay attention to the negative. Re-read your statement without using the negative word, is this what you want in your life?

**\*\*11. Specific:\*\*** Be very specific about what you want and need in your life. Being vague will bring you vague results. When you are specific your subconscious knows exactly what you want and mean. Write your belief statements out and reflect on them a bit. This takes the thought out of your head and allows you to see it on paper. You may think you have clearly expressed your statement, yet when it is written, you see that it is unclear. Specificity is the golden key to a well organized belief change statement.

