

RDJ'S NOTES

COURSE H | SESSION 1

Awaken the Giant Within

Tony Robbins

Many of us have beliefs that limit our success - whether they are beliefs about our own capabilities, beliefs about what it takes to succeed, beliefs about how we should relate with other people, or even common myths that modern-day science or studies have long since refuted.

Moving beyond your limiting beliefs is a critical first step toward becoming successful. You can learn how to identify those beliefs that are limiting you and then replace them with positive ones that support your success.

Imagine that you suddenly discovered you were driving with the emergency brake on. Would you push harder on the gas? No! You would simply release the brake and instantly go faster -without any additional expenditure of energy.

Most of us are going through life with the emergency brake on. It's time to release the limiting beliefs, emotional blocks, and self destructive behaviors that are holding you back.

Millionaire in the Making

Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, "I can't afford it," your subconscious mind works to make it true.

Select a better thought.

Decree, "I'll buy it. I accept it in my mind."

Millionaire in the Making

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