

Succeeding: Beyond Your Fears of Success

There are three really effective ways to uncover your fears of success.

1. The first way is to just charge ahead, create incredible outrageous success, and then, when things blow up, look for the beliefs that caused them to blow up.
2. The second way, which is quite a bit more gentle, is to use the power of visualization to imagine yourself being incredibly successful and then pay attention to the feelings of fear or resistance that come up, and that will show you your beliefs about success that might sabotage you. You can use the downloadable FutureVisioning worksheets and meditations to help you do this.
3. A third way, that can be done by itself or most effectively can be used in combination with the visualization process above, is to explore your feelings about successful, rich and powerful people. The way you feel about them will tend to indicate your beliefs that will create your experience when you become successful.

This worksheet is designed to accompany the article **Succeeding: Beyond Your Fears of Success** that is published on ww.ediets.com, and it will help you uncover your beliefs.

Complete the following phrases in as much detail as you can. (use additional paper if needed)

Successful people are:

Negative beliefs

Positive beliefs

Rich people are:

Negative beliefs

Positive beliefs

Powerful people are:

Negative beliefs

Positive beliefs

Successful men are:

Negative beliefs

Positive beliefs

Rich men are:

Negative beliefs

Positive beliefs

Successful women are:

Negative beliefs

Positive beliefs

Powerful women are:

Negative beliefs

Positive beliefs

Rich women are:

Negative beliefs

Positive beliefs

Thin people are:

Negative beliefs

Positive beliefs

Overweight people are:

Negative beliefs

Positive beliefs

When I become really successful people will:

Negative beliefs

Positive beliefs

When I become really successful, I will:

Negative beliefs

Positive beliefs

When I become really powerful:

Negative beliefs

Positive beliefs

If people are jealous of me when I become really successful, I will:

Negative beliefs

Positive beliefs

If I lost my excess weight easily and became my ideal weight then:

Negative beliefs

Positive beliefs

If I realized that I am powerful and that I always have been:

Negative beliefs

Positive beliefs

How much do I believe my past determines my future?

None - Little - Some - Greatly - Totally

These events in my past prevent me from having the wonderful, healthy, loving successful future that I really want.

To understand the payoffs you get for holding on to your limiting beliefs, answer these questions:

What do I get to avoid?

Who do I get to punish and/or love with my struggling behavior?

What emotion am I not willing to release? (For many it is anger.)

What guarantee am I holding out for?

Am I manipulating to get what I want with self-pity?

Am I feeling better than or less than other people?

What am I afraid of losing if I succeed?

Once you uncover your believes and payoffs, you can use the FutureVisioning process and tools to change and release them. You can also create a future where you become the wonderful successful person you really want to be, and truly enjoy your life and all the success you create.

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