

## **8 step Core Belief Process**

by Marc Allen (who says he learned it from Ken Keyes, Jr.)

*I have found that this works very well and hits many levels, though it might seem a mental exercise upon first glance. Try it when you are in ze funk or having a tough time of it. Remember that doubts and fears coming up can indicate you could be making real progress! That's when the old, limiting beliefs come up for clearing ; )*

- 1) What is the problem?
  
- 2) What are you feeling?
  
- 3) What are you feeling in your body?
  
- 4) What are your thoughts?
  
- 5) What is the worst case scenario, the worst thing that might result?
  
- 6) What is the best case scenario? What is the ideal for this part of your life?
  
- 7) What deep belief is preventing me from getting that best case scenario? State it so simply a 5 year old could understand it.
  
- 8) What affirmation completely contradicts this negative belief? What affirmation could be the antidote to this belief?
  
- 9) And then, plaster that written affirmation everywhere in sight.

*Example: I'm a fool with money vs. I am sensible and in control of my money.*

*Notes: Napoleon Hill: Within every adversity is an equal and opposite benefit.*

*Marc Allen (see this link for more details:) Within every problem is an opportunity.*  
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