

031: Reframing Your Unconscious Mind to Transform Your Beliefs

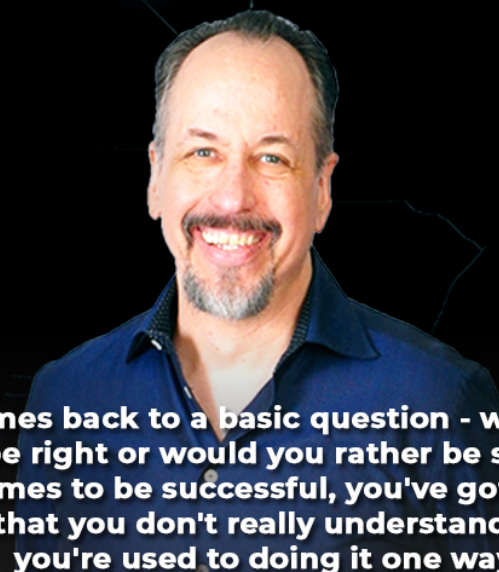
10 Point Checklist

Ken Dubner

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"It comes back to a basic question - would you rather be right or would you rather be successful? Sometimes to be successful, you've got to do the thing that you don't really understand because you're used to doing it one way."

KENNETH DUBNER

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Be open! Hypnosis and change can't happen unless you are open and willing to accept it. Step number one is allowing yourself to accept changes to your beliefs.
- Repetition is a great way to connect with your unconscious mind. Start using daily affirmations and guided meditation to relax and create a healing space.
- See a hypnotherapist for phobias, they can help you to get past your fears by reframing the experience in your mind.
- Remember that in weakness, comes strength. If you are strong enough to start working on your innermost fears, you will become stronger throughout the process.
- Information overload and cause you to let go of your doubts by not giving yourself a chance to overthink it. Start by asking a lot of questions.
- Watch what you say to others. Just as you can be programmed to think negative thoughts about yourself, others can be programmed by your words.
- Hypnosis isn't just for fears, it can also be used to change bad habits, or create full life transformations. Write down a few of your deepest desires to take with you when you see a hypnotherapist.
- Use visualizations to become more open to change. The more open you are, the more you can connect with your unconscious mind.
- Music and poetry connect with your creative side and can help to promote healing. Spend time reading or listening to music with positive, upbeat tones.
- Your unconscious mind is not going to be easy to change. Stick with it, and work on yourself over the long-term for the best results.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/reframing-your-unconscious-mind-to-transform-your-beliefs-ken-dubner/>