

# Can You Believe It?

# Tele-Seminar

**"Whether you think you can or whether you think  
you can't, you're right!"  
- Henry Ford**

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**"Belief is the basis of all action, and this being so, the belief that dominates the hearts or mind is shown in the life." - James Allen (*Above Life's Turmoil*)**

William James, the great psychologist and writer of the early twentieth century, said, "Belief at the beginning of a doubtful undertaking is the one thing that will guarantee the success of any venture." You will rarely attempt something you don't believe possible and you will NEVER give 100% of your ability to something you don't believe in.

One of the best known stories about the power of belief is about Roger Bannister, the first person to run a mile in under four minutes. Before his accomplishment it was generally believed that the human body was incapable of such a feat. Bannister, who was a medical student, held another belief, however. "Fueled by my faith in my training, I will overcome all obstacles. I am brave! I am not afraid to face anyone on the track. I believe this is not a dream. It is my reality."

As soon as he broke the barrier, belief about the feat changed and his record only lasted 46 days. Within two years more than fifty people also ran a sub-four-minute mile. Thousands have done so since and today it's not uncommon for it to be done by a talented high-schooler. What happened in 1954 that hadn't happened in the previous 6,000 years of humankind that allowed Bannister to achieve this? Did the human body change so that this could be done? No. But the human belief system did!

Perhaps my most favorite story about belief has a twist to it. Cynthia Kersey wrote about George Dantzig in *Unstoppable*: As a college student, George studied very hard and always late into the night. So late that he overslept one morning, arriving 20 minutes late for class. He quickly copied the two math problems on the board, assuming they were the homework assignment. It took him several days to work through the two problems but finally he had a breakthrough and dropped the homework on the professor's desk the next day.

Later, on a Sunday morning, George was awakened at 6 a.m. by his excited professor. Since George was late for class, he hadn't heard the professor announce that the two unsolvable equations on the board were mathematical mind teasers that even Einstein hadn't been able to answer. But George Dantzig, BELIEVING that he was working on just ordinary homework problems, had solved not one, but two problems that had stumped mathematicians for thousands of years.

How many great things could you achieve if you just "believed" they were as easy as they really are?

Some years ago I was listening to a friend of mine speaking to a business audience and she quoted a teaching by David Schwartz from *The Magic of Thinking Big* that rocked my life. She said, "The size of your success is determined by the size of your belief." Now that was the first personal development book I ever read and I've read it at least 20 times since. And I'm sure that I had heard that concept many times before that night. But it so impacted me that I wrote it down and must have looked at it a hundred times or more in the thirty days after that.

I spent the next few months focused on strengthening my belief in myself and in what I wanted to do. I took to heart what Wayne Dyer wrote in *You'll See It When You Believe It*: "Work each day on your thoughts rather than concentrating on your behavior. It is your thinking that creates the feelings that you have and ultimately your actions as well." So I worked each day on my beliefs using the same methods we're going to use in this seminar. The years since have been an incredible rocket ride.

Lest you think it's that easy, you should know that I WORKED HARD on my "belief thinking." The work dominated my life at that time because I was determined to change my beliefs. And it's a lot like physical exercise, the more you do the stronger you become. I love what Emmet Fox wrote: "If you will change your mind concerning anything and absolutely keep it changed, that thing must and will change too. It is the keeping up of the change in thought that is difficult. It calls for vigilance and determination."

Quite frankly, that's where most people miss the boat. They either half-heartedly try to change their belief systems or they don't stick with it long enough. Wallace D. Wattles, wrote "There is no labor from which most people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world." And yet it is the "sustained and consecutive thought" that is the first and primary labor of achievement.

Nightingale-Conant says Napoleon Hill is considered to have influenced more people into success than any other person in history. And his most quoted line from *Think and Grow Rich* describes the power of belief, "Whatever your mind can conceive and believe, it can achieve." Just believing that statement, truly believing it deep down inside, is a bold step toward living your dreams.

What great challenge lies in your path today? Do you sincerely want to overcome or accomplish it? If the answer is yes, then CAN YOU BELIEVE IT? Can you believe the magic is really in YOU!

Over the next four weeks we're going to identify the beliefs that are holding you back, acknowledge how they negatively impact you, and then perform various exercises to help you replace the "lies" you are holding onto with the truths that will allow you to break through the barriers you are facing.

One of the “secrets” to this process is the exercises you do each week between sessions. The more vigilant and dedicated you are to this portion of the program, the more successful you will be in creating a powerful belief.

I’m looking forward to our journey together and I want you to know that I BELIEVE you can do this --- I KNOW you can do this!

Vic Johnson

**“Change Your Beliefs — and You Change Your Behaviors;**

**Change Your Behaviors — and You Change Your Results;**

**Change Your Results — and You Change Your Life!”**

**- Lisa Jimenez**

**Before you begin (complete before our first session)**

**What Do You Really Want?** Describe in detail what changes and results in your life you are seeking that caused you to invest your money and time in studying this program. Be very introspective and specific:

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**Describe how you have suffered as a result of not achieving what you described above.** Be specific and descriptive of the feelings you have had:

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**Create a personal pledge, oath or commitment to changing your belief system.** Transfer the pledge, oath or commitment to a 3x5 card and place it in your purse, pocket, day planner or other convenient spot where you will see it every day.

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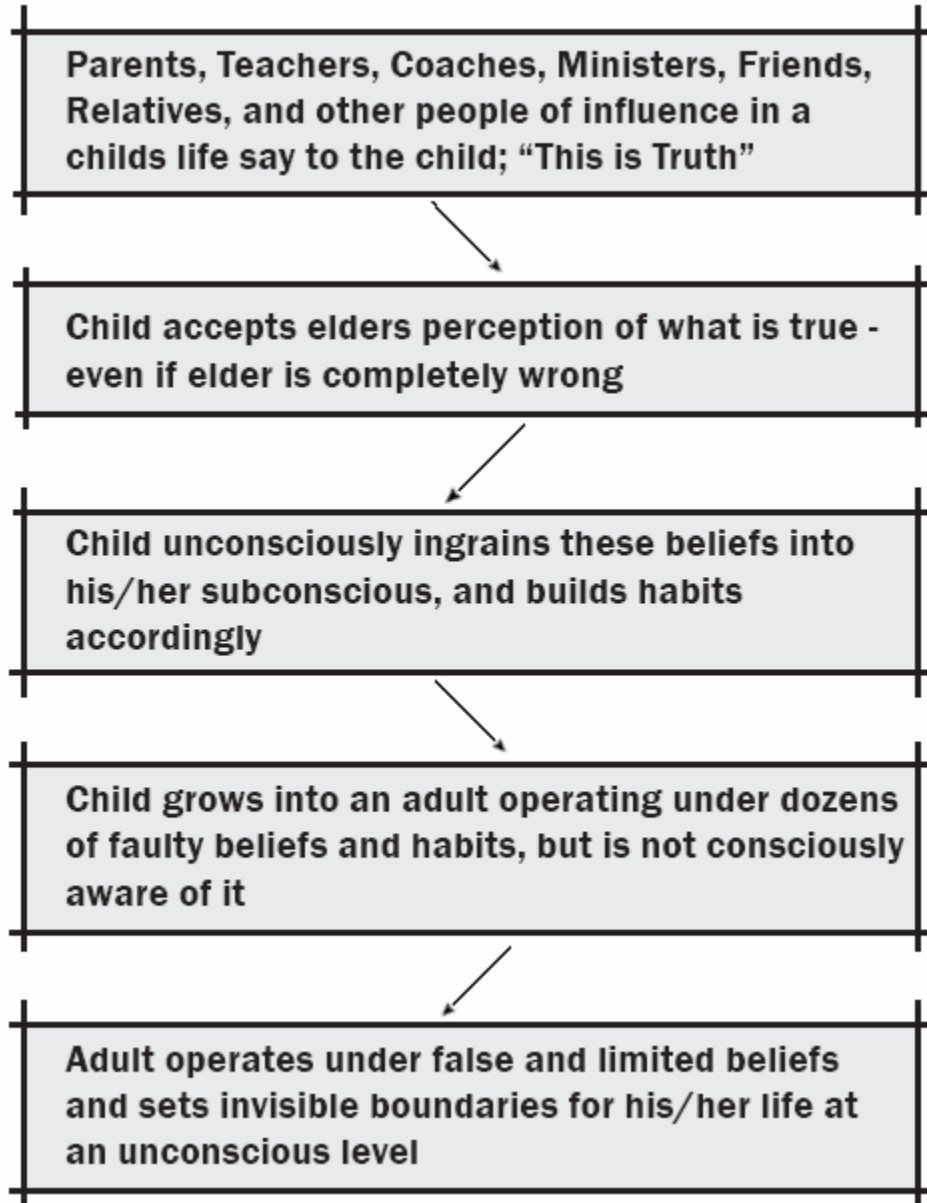
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Your Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

**STOP – Wait for further instructions during the first session before proceeding futher.**

## The Way Many of Our Beliefs Are Formed



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**Exercise: Make as many copies of this page as are needed to identify and evaluate at least five limiting beliefs that have a significant impact on your life. One belief per page.**

**Describe the limiting belief** (for example: It takes money to make money, I could do better if I hadn't dropped out of college, I just can't seem to get ahead, I never have enough time to get everything done, etc.):

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**Who was the person (parent, teacher, boss, etc.) and/or what was the event, circumstance or experience that led to this belief:**

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**What do you say to yourself (self-talk) that reinforces this belief:**

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**Describe your normal response to life's circumstances as a result of holding this belief:**

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**State a new belief that is the total opposite of the limiting belief:**

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**Create and describe a mental picture of yourself with the new belief in place:**

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**Write a new self-talk script to support your new mental picture:**

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## Can You Believe It? Week Two

### Please read before our session begins

What we try persistently to express we tend to achieve, even though it may not seem likely or even possible. If we always try to express the ideal, the thing we would like to come true in our lives, whether it be robust health, a noble character, or a superb career, if we visualize it as vividly as possible and try with all our might to realize it, it is much more likely to come to us than if we do not.

Many people allow their desires and longings to fade out. They do not realize that the very intensity and persistency of desire increases the power to realize their dreams. The constant effort to keep the desire alive increases the capacity to realize the vision.

It does not matter how improbable or how far away this realization may seem, or how dark the prospects may be, if we visualize them as best we can, as vividly as possible, hold tenaciously to them and vigorously struggle to attain them, they will gradually become actualized, realized in the life. But a desire, a longing without endeavor, a yearning abandoned or held indifferently will vanish without realization.

It is only when *desire crystallizes into resolve*, however, that it is effective. It is the desire coupled with the vigorous determination to realize it that produces the creative power. It is the yearning, the longing and striving together, that produce results.

We are constantly increasing or decreasing our efficiency by the quality and character of our thoughts, emotions, and ideals. If we could always hold the ideal of wholeness and think of ourselves as perfect beings, even as He is perfect, any tendency to disease anywhere would be neutralized by this restorative healing force.

***Think and say only that which you wish to become true. People who are always excusing themselves; constantly saying that they are tired, used up, played out, “all in,” that they are all out of kilter somewhere; that they are always unfortunate, unlucky; that fate seems to be against them; that they are poor and always expect to be; that they have worked hard and tried to get ahead, but could not, little realize that they are etching these black pictures — enemies of their peace, happiness, and success, and the very things which they ought to wipe out of their minds forever — deeper and deeper into their consciousness, and are making it all the more certain that they will be realized in their lives. Never for an instant admit that you are sick, weak, or ill unless you wish to experience these conditions, for the very thinking of them helps them to get a stronger hold upon you. We are all the products of our own thoughts. Whatever we concentrate upon, that we are. The daily habit of picturing oneself as a superb man sent to earth with a divine mission, and with the ability and the opportunity to deliver it grandly, gives a marvelous confidence, uplifting power and perpetual encouragement.***

If you wish to improve yourself in any particular, visualize the quality as vividly and as tenaciously as possible and hold a superior ideal along the line of your ambition. Keep this persistently in the mind until you feel its uplift and realization in your life. Gradually the weak, imperfect man, which mistakes, Sins and vicious living have made, will be replaced by the ideal man; your other, better God-self.

Every life follows its ideal; is colored by it; takes on its character; becomes like it. You can read a man's character if you know his ideal, for this always dominates his life.

Our ideals are great character-molders, and have a tremendous life-shaping influence. Our heart's habitual desire soon shows itself in the face; out-pictures itself in the life. We can not long keep from the face that which habitually lives in our minds.

We develop the quality of the thought, emotion, ideal, or ambition which takes the strongest hold upon us. Therefore, you should let everything in you point toward superiority, nobility. Let there be an upward trend in your thinking. Resolve that you will never have anything to do with inferiority in your thoughts or your actions; that whatever you do shall bear the stamp of excellence.

This up-reaching of the mind, this stretching of the mentality toward higher ideals and grander things, has an elevating, transforming influence which tends to lift the whole life to higher levels.

Human life is so constructed that we live largely upon hope; the faith that runs ahead and sees what the physical eye can not see.

Faith is the substance of things hoped for, *the outline of the image itself; the real substance, not merely a mental image*. There is something back of the faith, back of the hope, back of the heart yearnings; there is a reality to match our legitimate longing.

What we believe is coming to us is a tremendous creative motive. The dream of home, of prosperity, the expectancy of being a person of influence, of standing for something, of carrying weight in our community, — all these things are powerful creative motives.

Your whole thought current must be set in the direction of your life purpose. The great miracles of civilization are wrought by thought concentration. Live in the very soul of expectation of better things, in the conviction that something large, grand, and beautiful will await you if your efforts are intelligent, if your mind is kept in a creative condition and you struggle upward to your goal. Live in the conviction that you are eternally progressing, advancing toward something higher, better, in every atom of your being.

Many people have an idea that it is dangerous to indulge their dreaming faculties, their imagination, very much, for fear that in doing so they would become impracticable; but these faculties are just as sacred as any others we possess. They were given us for a divine purpose; so that we could get glimpses of intangible realities. They enable us to live in the ideal, even when we are compelled to work in the midst of a disagreeable or inhospitable environment.

Our dreaming capacity gives us a peep into the glorious realities that await us further on. It is the evidence of things possible to us.

Building air castles should no longer be looked upon as an idle, meaningless pastime. We first build our castles in our consciousness; picture them in detail in our ambition, before we put foundations under them and reality into them.

Dreaming is not always castle-building. Every real castle, every home, every building was an air castle first. Legitimate dreaming is creative; it is bringing into reality our desires; the things for which we long and hope. A building would be impossible without the plans of an architect; it must be created mentally. The architect sees behind the plans the building in all its perfection and beauty.

Whatever comes to us in life we create first in our mentality. As the building is a reality in all its details in the architect's mind before a stone or brick is laid, so we create mentally everything which later becomes a reality in our achievement.

Our visions are the plans of the possible life structure; but they will end in plans if we do not follow them up with a vigorous effort to make them real; just as the architect's plans will end in his drawings if they are not followed up and made real by the builder.

All men who have achieved great things have been dreamers, and what they have accomplished has been just in proportion to the vividness, the energy and persistency with which they visualized their ideals; held to their dreams and struggled to make them come true.

Do not give up your dream because it is apparently not being realized; because you can not see it coming true. Cling to your vision with all the tenacity you can muster. Keep it bright; do not let the bread-and-butter side of life cloud your ideal or dim it. Keep in an ambition-arousing atmosphere. Read the books which will stimulate your ambition. Get close to people who have done what you are trying to do, and try to absorb the secret of their success.

This mental visualizing of the ideal as vividly and as sharply as possible is the mental molding of the thing that will finally match your vision with its reality; that will make your dream come true.

Take a little time before retiring at night and get by yourself. Sit quietly and think and dream to your heart's content. Do not be afraid of your vision, or of your power to dream, for "without a vision the people perish." The faculty to dream was not given to mock you. There is a reality back of it. It is a divine gift intended to give you a glimpse of the grand things in store for you and to lift you out of the common into the uncommon; out of hampering, iron conditions into ideal ones, and to show you that these things can become realities in your life. *These glimpses into paradise are intended to keep us from getting discouraged by our failures and disappointments.*

I do not mean fanciful, ephemeral pipe dreaming, but real, legitimate desire and the sacred longings of the soul, which are given us as constant reminders that we can make our lives sublime; that no matter how disagreeable or unfriendly our surroundings may be, we can lift ourselves into the ideal conditions which we see in our vision.

There is a divinity behind our legitimate desires.

By the desires that have divinity in them, I do not refer to the things that we want but do not need; I do not refer to the desires that turn to dead-sea fruit on our lips or to ashes when eaten, but to the legitimate desires of the soul for the realization of those ideals, the longing for full, complete self-expression, for the time and opportunity for the weaving of the pattern shown us in the moment of our highest transfiguration.

"A man will remain a rag picker as long he has only a rag picker's vision."

Our mental attitude, our heart's desire, is our perpetual prayer which Nature answers. She takes it for granted that we desire what our heart asks for — that what we want we are headed toward, and she helps us to it. People little realize that their desires are their perpetual prayers — not head prayers, but heart prayers — and that they are granted.

We are all conscious that there accompanies us through life a divine messenger, given to protect and direct us; a messenger who will answer all our interrogations. No one is mocked with the yearning for that which he has no ability to attain. If he holds the right mental attitude and struggles earnestly, honestly toward his goal, he will reach it, or at least approximate to it.

There is a tremendous creative, producing power in the perpetual focusing of the mind along the line of the desire, the ambition. It develops a marvelous power to attract, to create the thing we long for.

“The thing we long for, that we are  
For one transcendent moment.”

Our heart yearnings inspire our creative energies to do the things we long for. They are a constant tonic to our faculties and increase our ability, tending to make our dreams come true. Nature is a great one-price storekeeper who hands us out what we ask for if we pay the price. Our thoughts are like roots which reach out in every direction into the cosmic ocean of formless energy, and these thought-roots set in motion vibrations like themselves and attract the affinities of our desires and ambitions.

The bird does not have an instinct to fly South in winter without a real South to match it; nor has the Creator given to us these heart yearnings, soul longings for a larger, completer life, for an opportunity for a full expression of our possibilities, nor the longing for immortality, without a reality to match them.

-- Excerpted from [\*The Miracle of Right Thought\*](#) by Orison Swett Marden

**STOP – Wait for further instructions during the next session  
before proceeding futher.**

**Exercise: Surround yourself with “the Evidence”**

At various times in your life you’ve had achievements that proved you already have everything it takes to be successful at anything you want to attempt. You started with a **Dream**, followed it with **Preparation** (same word as practice) and **Persisted** until you realized the Dream.

Let’s take a possible childhood example: You saw someone doing all kinds of neat tricks with a yo-yo and you developed the **Dream** to one day “walk the dog,” “rock the cradle,” and become a master with a yo-yo. Then you nagged your parents until they “surprised” you with a yo-yo for your birthday. You immediately began spending all of your waking moments practicing (**Preparation**) and you **Persisted** even as your finger began to swell from the pressure of the string. Weeks after your best friends had put their yo-yos away, you were still taking it to bed with you at night. It had become your new best friend. The day you were able to “walk the dog” for the first time was a day of great satisfaction. When you won your first competition your heart swelled with pride. Today, though it’s been many, many years since you picked up a yo-yo, you have no doubt that with a short amount of practice you would be right back at the championship level.

Maybe it was an achievement or achievements at school, in Scouts, sports, music, dance or some other hobby. You have some achievements in your past that only a small percentage of people will ever realize. But many times we have covered those achievements up with so many years of junk that we have to take the time to dust them off and polish them up. Now is the time to list here the “evidence” of why you should believe in yourself. List at least 25 past achievements (make sure to include all degrees, certificates, promotions, all recognitions, medals, ribbons, trophies, awards, positions held in clubs and organizations, teams made, etc.) Leave no stone unturned in searching your past. Do you speak a second language? That’s a major achievement --- be sure and list it. Can you play the piano well enough to entertain friends? You may not have mastered it but you have a skill that most everyone would agree is a major Achievement --- be sure and list it. Let’s get started:

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## **Exercise: Surround yourself with more Evidence**

Collect all of the magazines in your house (or go buy a huge stack) and cut out any pictures that relate to the new beliefs you identified last week. Go to an office supply store and get a corkboard that you can mount to a wall in your home and/or office that you will see frequently. Cover the corkboard with the pictures you cut out or any other type of physical evidence of your beliefs. Take some of the pictures, laminate them and put them in your wallet/purse and place them on your desk. Spend time each day “feeling” the pictures.

Think this is hokey? Olympic super-star Michael Phelps had a poster of the world champion on his bedroom wall. He constantly visualized defeating him. In Athens Phelps easily vanquished him for a Gold medal and then surrendered his place on a relay team to him so he could win a medal.

Remember the Jim Carrey story? One night in 1987, Carrey was a 25-year-old struggling comic when he drove his old Toyota up to Mulholland Drive in the Hollywood Hills. Sitting there overlooking the City of Angels (you’ve seen that scene in many movies) and dreaming of the future, Carrey wrote himself a check for \$10 million. He dated it Thanksgiving 1995 and wrote in the memo section of the check, “for acting services rendered.” He stuck it in his wallet and would pull it out often over the coming years.

This story has become famous but the “rest of the story” is even more impressive. Carrey's expression of brazen optimism turned out to be quite conservative. By the time 1995 actually rolled around, his rambunctious goofball roles in "Ace Ventura: Pet Detective," "The Mask" and "Dumb & Dumber" had driven the newly minted superstar's asking price to \$20 million per picture.

Still think this visualization stuff is hokey? Good. Let’s get started on your Belief Board.

## **Exercise: Lights! Camera! Action! Roll ‘em!**

In order to change an existing limiting belief to a new limitless belief, you must first make sure your subconscious is in harmony with your conscious mind. . In order to drive it home to the subconscious, you must first “see” (visualize) yourself acting on the new belief. In doing this, you should utilize as many of your senses as possible (Sight, Smell, Taste, Hearing and Touch). Whatever you impress upon your subconscious it will assume is your desire, and it will automatically attract and move you toward the conditions to realize your desire.

Go back to the new beliefs you created in the exercise in week one. Using those beliefs, create a “movie script” of how you would act with the new beliefs in place. It’s a daydream of sorts, but with a lot more detail. Is it day or evening? Where are you? What are you wearing? Who are you with? Indoors or out?

Temperature? What can you smell? What can you hear?, etc., etc. Pretend you are the movie script writer and director and fully describe a minimum of a 30-second movie.

A series of horizontal lines providing a writing area for the response.







## Can You Believe It? Week Three

### Please read before our session begins

AUTO-SUGGESTION is a term which applies to all suggestions and all self-administered stimuli which reach one's mind through the five senses. Stated in another way, auto-suggestion is self-suggestion. It is the agency of communication between that part of the mind where conscious thought takes place, and that which serves as the seat of action for the subconscious mind.

Through the dominating thoughts which one *permits* to remain in the conscious mind, (whether these thoughts be negative or positive, is immaterial), the principle of auto-suggestion voluntarily reaches the subconscious mind and influences it with these thoughts.

NO THOUGHT, whether it be negative or positive, CAN ENTER THE SUBCONSCIOUS MIND WITHOUT THE AID OF THE PRINCIPLE OF AUTO-SUGGESTION, with the exception of thoughts picked up from the ether. Stated differently, all sense impressions which are perceived through the five senses, are stopped by the CONSCIOUS thinking mind, and may be either passed on to the subconscious mind, or rejected, at will. The conscious faculty serves, therefore, as an outer-guard to the approach of the subconscious.

Nature has so built man that he has ABSOLUTE CONTROL over the material which reaches his subconscious mind, through his five senses, although this is not meant to be construed as a statement that man always EXERCISES this control. In the great majority of instances, he does NOT exercise it, which explains why so many people go through life in poverty.

Recall what has been said about the subconscious mind resembling a fertile garden spot, in which weeds will grow in abundance, if the seeds of more desirable crops are not sown therein. AUTOSUGGESTION is the agency of control through which an individual may voluntarily feed his subconscious mind on thoughts of a creative nature, or, by neglect, permit thoughts of a destructive nature to find their way into this rich garden of the mind.

Remember, therefore, when reading aloud the statement of your desire (through which you are endeavoring to develop a "money consciousness"), that the mere reading of the words is of NO CONSEQUENCE—UNLESS you mix emotion, or feeling with your words. If you repeat a million times the famous Emil Coué formula, "Day by day, in every way, I am getting better and better," without mixing emotion and FAITH with your words, you will experience no desirable results. Your subconscious mind recognizes and acts upon ONLY thoughts which have been well-mixed with emotion or feeling.

This is a fact of such importance as to warrant repetition in practically every chapter, because the lack of understanding of this is the main reason the majority of people who try to apply the principle of auto-suggestion get no desirable results.

Plain, unemotional words do not influence the subconscious mind. You will get no appreciable results until you learn to reach your subconscious mind with thoughts, or spoken words which have been well emotionalized with BELIEF.

Do not become discouraged, if you cannot control and direct your emotions the first time you try to do so. Remember, there is no such possibility as SOMETHING FOR

NOTHING. Ability to reach, and influence your subconscious mind has its price, and you MUST PAY THAT PRICE. You cannot cheat, even if you desire to do so. The price of ability to influence your subconscious mind is everlasting PERSISTENCE in applying the principles described here. You cannot develop the desired ability for a lower price. You, and YOU ALONE, must decide whether or not the reward for which you are striving (the “money consciousness”), is worth the price you must pay for it in effort.

Wisdom and “cleverness” alone, will not attract and retain money except in a few very rare instances, where the law of averages favors the attraction of money through these sources. The method of attracting money described here, does not depend upon the law of averages. Moreover, the method plays no favorites. It will work for one person as effectively as it will for another. Where failure is experienced, it is the individual, *not the method*, which has failed. If you try and fail, make another effort, and still another, until you succeed.

Your ability to use the principle of auto-suggestion will depend, very largely, upon your capacity to CONCENTRATE upon a given DESIRE until that desire becomes a BURNING OBSESSION.

**Here is a most significant fact—the subconscious mind takes any orders given it in a spirit of absolute FAITH, and acts upon those orders, although the orders often have to be presented over and over again, through repetition, before they are interpreted by the subconscious mind.**

-- Excerpted from [\*Think and Grow Rich\*](#) by Napoleon Hill

**STOP – Wait for further instructions during the next session before proceeding further.**

### **Exercise: Truth Cards**

Using the new beliefs you identified in Week One as the basis for your statements, follow the instructions in the following section and create your own deck of Truth Cards. Begin in earnest to use them this week.

## Truth Cards

In 1997 when I had my great epiphany about the importance of belief in the success equation, I used a technique that was extremely powerful in changing my beliefs.

First I evaluated the “beliefs” I held that I wanted to change and I created a new belief statement that was the opposite of the limiting belief. Then I found or created short statements of truth that supported or affirmed the new beliefs and wrote them on the back of some leftover, outdated business cards (you can use index cards or any other small card you can put a rubber band around and keep in deck fashion). I made two sets of what I called “truth cards” – one for my car and one for my office.

Whenever I took a break during the day, I would take the deck and flip through the cards, reading each one (always aloud when possible) while adding as much emotion to the reading as I could muster (the emotion is important!). When I was in my car at a stop light, or waiting on someone, I’d do the same (please DO NOT read your cards while driving).

This process, repeated thousands of times over several months, had almost immediate impacts on my attitude and gradually helped change the beliefs that were long embedded in my subconscious.

Some of the “truth statements” are passages I read by Emmet Fox in his great book [Make Your Life Worthwhile](#) . Some of my cards have biblical quotes reflecting my Christian beliefs and are given here only to reflect what I used in my program, not to assert one religion over another. Some are quotes I remembered and may have forgotten the author, but the message held a truth I wanted to embrace. Finally, as I progressed, my own thoughts began to produce truth statements that I thought meaningful at the time and that I wanted to encourage more of.

As you read the statements I used, you will probably get a pretty good idea of the beliefs that I was trying to change. Yours will no doubt be different than mine but may include some of mine. I am providing my list to spur your thinking --- not to do your thinking for you. It is important that you take the time to find or create statements that will work directly to change your limiting beliefs.

It is also important that you hand-write them. While it is tempting to create your list in a word processor and print them on your printer, it won’t have the same effect as hand-written cards. Science is yet to fully explain it, but there is an unquestionable link between hand-writing them and making impressions on the subconscious.

Finally, I am of the opinion that you can't use the cards too much. Most people will not get the results they are seeking simply because they don't discipline themselves enough to affirm the "truths" until they take hold. If you act in Faith that your Truth Cards will work, and then you diligently and relentlessly affirm them, you will feel your beliefs gradually change. **You will note that one of my cards is a quote from *Think and Grow Rich*: "It is a well known fact that one comes, finally, to BELIEVE whatever one repeats to one's self, whether the statement be true or false."** Nothing could state the importance of **repetition more than that.**

## Truth Cards

**I can do this and I know I can.** (My number one card. I repeated this affirmation thousands of times in December 1997. The other statements are in no particular order)

One of the greatest acts of Love you can give to another person is to keep on believing in him even when others have given up.

There is nothing or no situation you cannot overcome if you will believe.

You cannot fully reach your potential until you have learned the principal of helping others reach theirs.

A person is not limited by his environment. He creates his environment by his beliefs and feelings.

All that's required is that you really believe and have no doubt....you can pray for anything, and if you believe, you have it; it's yours. (Mark 11:23-24)

You can change your thoughts and feelings, and then the outer things will change to correspond, and indeed there is no other way of working. (Emmet Fox)

Quit thinking about all of the reasons why you can't do something and think of all the reasons why you can.

The will to do stems from the knowledge I can do.

If you have worthwhile goals and are going in the right direction, all of your needs will be provided for.

Our beliefs about ourselves are the single most telling factors in determining our success and happiness in life.

The real secret of a dynamic personality is to believe that God works through you, whatever you may be doing.

There is no assurance of health and happiness except by training ourselves to think only harmonious thoughts. It is your mental conduct that determines the character of your life.

When you need guidance for an important decision, the way to get it is to think and believe that God is guiding you, and the belief will bring your guidance.



What is Faith? It is the confident assurance that something we want is going to happen. It is the certainty that what we hope for is waiting for us, even though we cannot see it up ahead. (Hebrews 11:1)

Great people just will not be stopped.

Faith is the most motivating force in the world.

People and things will respond and behave for me according to the pattern of my own thoughts.

Fear and hesitation are nothing more than forgetting who you really are, what you really can do.

If it can be done, I can do it.

What you really consider to be a big problem is a big problem for you. What you really consider a small problem, is a small problem for you.

I have more fun and enjoy more financial success when I stop trying to get what I want and start helping other people get what they want.

What you see is what you get.

The opposite of fear is faith.

God is not concerned with conditions, and if you refuse to let them inhibit your thought, they cannot prevent your demonstration. With God all things are possible. (Emmet Fox)

You won't be happy with more until you're happy with what you've got.

Do what you fear and the fear will disappear.

People follow people who believe in what they're doing.

You cannot know anything or experience anything except your own states of mind; and these you can change by intelligent and persistent effort.

The great Law of Being is that we reap as we sow, that according to the thoughts we entertain and the things we believe, so will our experience be. (Emmet Fox)

If the dream is big enough, the facts don't count.

You have the power to become anything that you want to. Set your expectations for yourself and know that you will become whatever you think about.

Believe it and you'll see it. Know it and you'll be it.

It is a well known fact that one comes finally to believe whatever one repeats to one's self, whether the statement be true or false. (Think and Grow Rich)

Let us not be weary in well doing; for in due season we shall reap, if we faint not. (Galatians 6:9)

There is no problem that prayer cannot overcome, and no good thing that it cannot bring into your life. (Emmet Fox)

The state of your life is nothing more than a reflection of your state of mind.

The only progress we ever make is mental progress. All things be ready if our minds be so, and this means all progress is a change of mind. The universe is always ready when we are. (Emmet Fox)

Every single condition in your life can be improved if you learn to be more effective at visualizing what you want and having the intention to manifest it.

When you know rather than doubt, you will discover the necessary ability to carry out your purpose.

Our beliefs about ourselves are the single most telling factors in determining our success and happiness in life.

The only limits you have are the limits you believe.

The difference between successful people and ordinary people is ordinary people do what they feel like doing and successful people do what has to be done.

What appears as a permanent obstacle in the way of your desires is only a figment of your imagination.

The most persuasive person in the world is the person who has a fanatical belief in an idea, a product or a service.

Success lies on the other side of fear.

Your most powerful weapon against limiting thoughts is your willingness to clarify and envision what you truly want for your life.

Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer. (Psalms 94:19)

I have nothing to deal with but my own thoughts.

What you believe determines how you behave.

Get excited about your goal and you'll be a magnet.

Feed your Faith and doubt will starve to death.

The highest prayer is praying to be a blessing to others. (Robert Schuller)

If you treat a person like the person you want him to be, he will do his best to become that person.

I can do all things through Christ who strengthens me. (Philippians 4:13)

The way to destroy a negative emotion is to verbalize a positive statement.

Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. (Philippians 4:8)

Positive thinking is a form of thought that habitually looks for the best results from the worst conditions.

Attitude is more important than fact.

I am totally and inherently worthy of love and success.

You have just as much time as the Rockefellers, Morgans or Fords had when they began to build their vast fortunes.

A person is what he thinks about all day long.

No matter what you undertake, you will never do it until you think you can.

Control your thoughts and you control your life.

Learning to use difficulties as the source of positive input is the key to success.

If it was something you could see in advance, it wouldn't be a miracle.

Only two things keep you from what you want: The Faith to believe and the will to make it happen.

Achievement is more than just something you do for yourself; you have to become more than you are so you can inspire people to become more than they are.

Commit everything you do to the Lord. Trust him to help you do it and he will.  
(Psalms 37:5)

Those who hope in the Lord will renew their strength. They will soar on wings like eagles. (Isaiah 40:31)

An air of expectancy creates momentum.

Your greatest disappointments come from the expectations you put on others.

You will accomplish nothing without the belief that you can accomplish something.

Fear is the lack of Faith.

If you really believe that God is working through you, the quality of your work will be so high and you will receive so much inspiration from Him that every barrier in your path will fall away. (Emmet Fox)

**End of Workbook. Please refer to Session 4 CD for final instructions.**