



VEIL *of* CHANGE

How To Recognise Repetitive Actions

LIFTING THE VEIL OF CLARITY

Do You suffer from Repetitive Actions?

Strange as it may seem everyone does have little plays that they re-enact every day.

How many times do you say “This always happens to me’ or ‘How come I always miss out’

Do you have a subconscious mind that says:

Bad things will always happen to you

Or

A subconscious that tells you, You will always fail

If you continually follow the script that your subconscious mind is dictating to you then you will constantly repeat these actions every day.

If you have something in life that does go right do you have a voice that says

“Hey this cant be right” and then very soon it goes wrong?

You will always gravitate towards your most dominant thought. It is very important to pay attention to your thoughts all the time.

Classic examples of recurring actions include, those who always get stuck behind ‘slow drivers’ and end being very irritable. What about always ending up in the ‘slow queue’ at the checkout.

Never finding a parking spot? Wondering why your partner always treats you with no respect? Never feeling happy with what you’ve got – even though you might have a lot?

Conscious thought will change your life, it will stop the repetitive nature of recurring actions.

Take a look at the situations that are re-occurring over and over then:

STOP

PAUSE

DISCOVER

What are you doing Right Now?

Is it positive or negative, is it constructive or destructive.

Will it take you to where you want to be? Or where you do not want to be?

It is an interesting universal law that your mind creates your life, so should your automatic re-actions follow your negative thought patterns; you will indeed achieve what you are thinking of. Even though it is not what you really want.

STOP

PAUSE – Take a few deep breaths slowly

DISCOVER

What action are you about to take Right Now?

Decide if you want to do this or do you want to change it?

Re-directing your thought will re-direct your actions.

Take the step towards change and you are opening up your world.

In your workbook, record your actions that you find yourself automatically doing, without thought.

Then follow this simple thought invoking exercise.

Desire – is this action fulfilling your outcome in life?

Decide - is this really what you want to be doing?

Discover - a new path –change your thought patterns, change your action.

DO IT – follow your chosen path

The best ways to achieve these changes are by recording them, and noting how you feel about yourself.

Does this new course of action make you feel happy?

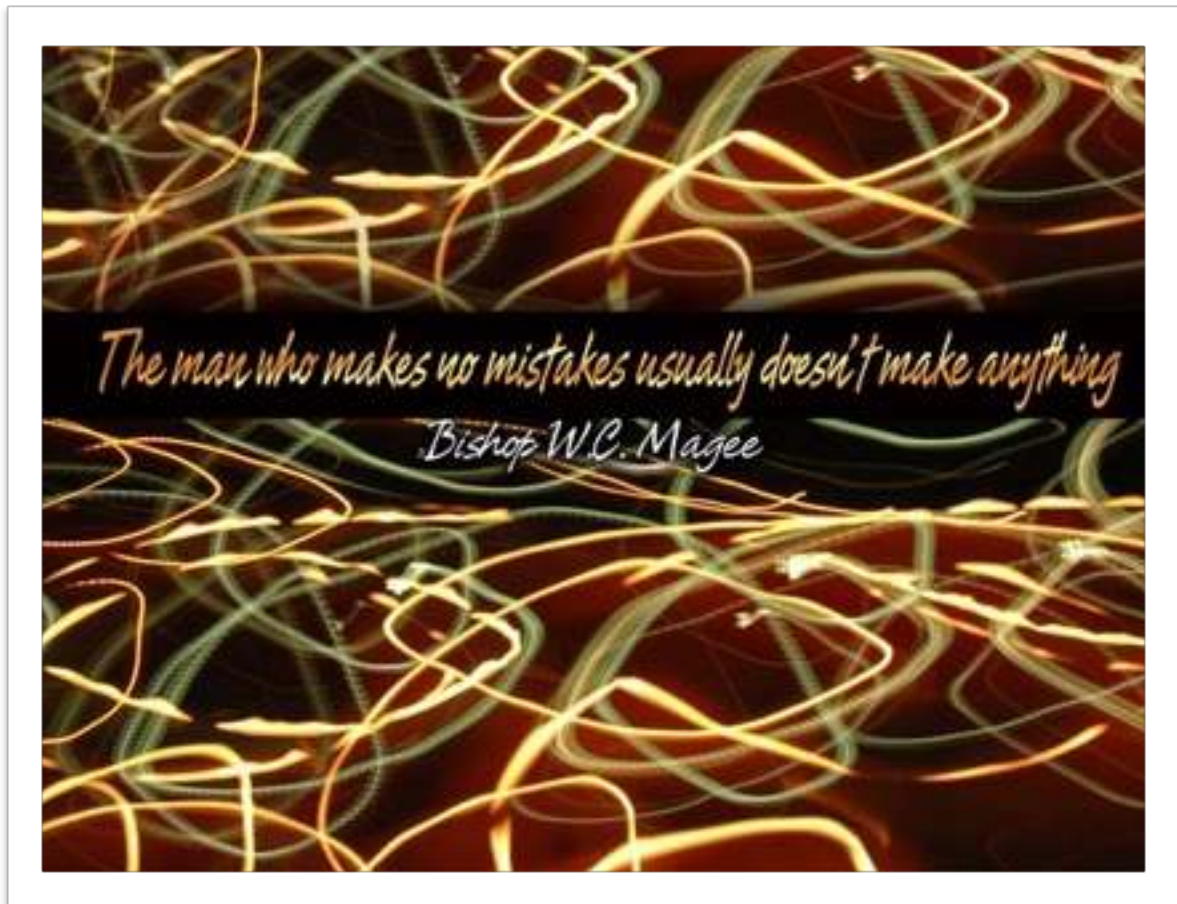
Remember:

Desire

Decide

Discover

DO IT



Discover more at <http://www.truelifejourney.com>