

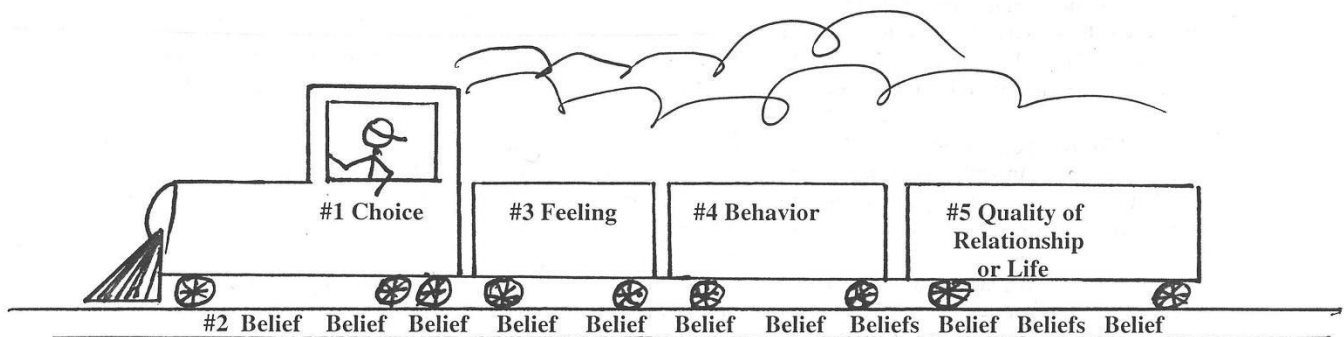
Relationship Rehab Show

FREE DOWNLOAD: Show #19, October 11, 2022

Change Beliefs to Change Your Life

From [How to Stay Married & Love It EVEN MORE](#) and

MODULE SEVEN o www.MillionaireMarriageClub.com



Last week we talked about how our beliefs, both conscious and unconscious, determine the quality of our relationships and other circumstances in our lives. Affirmations are consciously chosen beliefs that we want to be true for us. Our subconscious minds believe whatever they are told the most often. In order to replace a deeply rooted belief that we've been operating from for a long time, it takes commitment and consistency to "install" a new belief that will negate the effects from the old belief.

Your affirmations need to be in the first person, present tense, as though this is already true in your life. As an example, "I am gratefully receiving (X dollars/month) from sales of my books and the Millionaire Marriage Club. My books and the Club are helping others improve their relationships just as I dreamed they would." And in a few years I was affirming, "I am enjoying a team of professionals who will work with me to reach the world with my message." That is now a reality!

These are the conscious steps to improve life or relationships by replacing old, limiting beliefs with more empowering beliefs that will deliver better relationships and/or circumstances.

Research indicates that we tend to stay in the economic bracket which we experienced as a child. That “proof” can certainly be replaced as you are dedicated to living with more abundance financially or because you’re determined to learn how to have happier relationships than those seen in your family. But it does demand commitment to something better, higher, more positive, happier.

In addition to staying roughly in the economic bracket of our families of origin, we tend to hang out with friends whose experience of relationships and life closely match our own.

Therefore, it’s important to seek out new relationships with those who have achieved what we want in our life, whether that is a happy, loving marriage or a more abundant financial condition. You don’t abandon your family and friends, but limit your time with them, and make sure you don’t enter into their pessimism regarding relationships or finances!

I was so fortunate that my late husband, Jim, was such a cheerleader for me. He would often say, “I wish you saw yourself the way I see you”meaning intelligent and capable of achieving my dreams. His encouragement is one of the reasons I am where I am today. I often still feel his cheering presence with me and his pride in what I am doing.

I am so blessed with a son and two step-daughters who are excited about my work and encourage my belief that my story and experiences can continue to bless many more people and help others achieve the loving, peaceful marriage that Jim and I enjoyed. Although I love other family members, I limit time spent with those who have no interest in my work and who express no encouragement or belief in me.

My guest, Mollie Billings, explained about her training that helps release stuck energy (read limiting beliefs) caused by traumas experienced earlier in one’s life. If you are interested in experiencing her work with a free initial appointment, here is how to contact her:

website: mollie-b.com

Mollie and I both cheer you on your way!

Nancy Landrum