

## CHANGE YOUR LENSES TO CHANGE YOUR BELIEFS

Your beliefs are the lenses from which you experience the world. They are the determining factor for your reactions and as a result, for your actions as well.

### EXERCISE

Let's imagine that you are looking for a better job than the one you currently have. You are exploring if you deserve this new job or not. You will be interviewing for this job tomorrow.

As you get ready for the interview, you have to choose between three sets of glasses to wear: red, yellow, or green. Each set of glasses represents a different belief.

**GREEN LENSES = Empowerment Beliefs**

**YELLOW LENSES = Doubtful Beliefs**

**RED LENSES = Disempower Beliefs**

### THE BELIEFS

**GREEN LENSES:** "I am deserving of this new job."

**INTERNAL THOUGHTS:** "I am a hard worker with a strong work ethic. I deserve to be hired for this new job."

**EMOTIONAL REACTION:** Your thought process makes you feel confident as you meet your interviewer. You do great in your interview, and subsequently, you get a job offer

**YELLOW LENSES** "I am not sure if I deserve this new job."

**INTERNAL THOUGHTS:** "I work hard, but someone else will probably get the job over me. There are a lot of talented people that have applied."

**EMOTIONAL REACTION:** You don't feel great heading into the interview. Your interview was good, but not outstanding, so you don't get a job offer.

**RED LENSES** "I don't deserve the job offer."

**INTERNAL THOUGHTS:** "There is no way that I am going to get a job offer. There are tons of people that are smarter and have more experience than me."

**EMOTIONAL REACTION:** Your thought process makes you feel insecure, weak, doubtful, disempowered, so that's what you projected, and you didn't get a job offer.

## HOW TO USE THE BELIEF GLASSES

Every time you are face to face with a challenge, or you have a situation that you would like more in your life, or something that you want to manifest, it's a great time to explore your beliefs.

So, with that situation in mind, put on the different glasses as described above, and become aware of your different beliefs. Notice the differences in your system, and choose which glasses you want to wear for different situations. Become aware of the ones you are wearing now.

## USING THE BELIEF GLASSES

### GREEN LENSES

---

**INTERNAL THOUGHTS:**

---

---

**EMOTIONAL REACTION:**

---

---

---

### YELLOW LENSES

---

**INTERNAL THOUGHTS:**

---

---

**EMOTIONAL REACTION:**

---

---

---

### RED LENSES

---

**INTERNAL THOUGHTS:**

---

---

**EMOTIONAL REACTION:**

---

---

---