



EMOTOMETER

KEEP YOUR ARROW ON THE RIGHT SIDE OF THE ZERO



Beliefs are like powerful magnets that attract thoughts that match the belief.

CIRCUMSTANCES, perceived through the lens of BELIEFS attract THOUGHTS which activate FEELINGS motivating ACTIONS that produce RESULTS

Circumstances	Life happens. What happens is just factual and has no meaning. Trying to change circumstances to change the results is a lot of work and is not sustainable.
Beliefs	Beliefs are thoughts that we think repeatedly until they become automatic and habitual and appear to be the truth.
Thoughts	Beliefs attract only those thoughts that provide evidence that the belief is true. We usually don't even notice thoughts that argue
Feelings	Feelings are a vibration in the body in response to thoughts. Some feel good, some feel uncomfortable. The resistance to uncomfortable
Actions	With willpower we can change our actions for brief periods. But to change actions over time, we must have supporting feelings
Results	If we want to change results, we must change our thoughts. Start with the desired result and "reverse engineer" the actions, feelings and thoughts.

The results that you get in life ultimately come from your thoughts and beliefs.

If you don't like the results you are getting, you must change your beliefs. To do so, first identify the disempowering impact of the current belief. This loosens its grip and makes room for a new idea.

Then identify a new thought that is believable and deliberately think it over and over. This is hard to do because thinking the new thought requires awareness and effort until it becomes a habit.

You are in the habit of thinking the same thoughts. But eventually the new thought becomes a habit and replaces the old belief.