

Email B: Identify your habits

Subject line: Story-changer #2: Turning Beliefs into Results

Body: I want to congratulate you on taking action yet again to make a change in your life, and start working toward the vibrant, beautiful life you truly deserve. Opening an email and doing a five minute exercise may seem like a small thing, but it shows that you're willing to take action to create stronger, healthier, happier relationships.

If you're at a place in your life where you're ready to change your story, there are probably some things that you do that you've labeled "bad habits". Maybe you want to release weight, or to stop smoking, or not to yell at your kids even when you've had a bad day. Most likely, you've tried to change these habits before – probably several times. You've tried dieting, you've tried the nicotine patch, you've tried giving yourself a "no yelling" rule. And then you have a bad day (or rather, you spend your energy focusing on the bad parts of a day), and all your good intentions fly out the window.

What you need to ask yourself is how these behaviors are serving you. Why are they the comforts you return to when your energy turns negative? Actions are the results of subconscious beliefs: thoughts become beliefs, beliefs become emotion, and emotions become actions. You may be telling yourself that you want to lose weight, but is your subconscious in agreement? Deep down, you may feel that losing weight is scary. It doesn't feel safe – it makes you more noticeable, more vulnerable. Or you may feel that you don't deserve to have a healthy body, or that you're not worth the time it takes to eat a nourishing meal and get some exercise.

Before you can begin to change these messages your subconscious is sending out, you have to understand them. Why do you reach for a cigarette when you're feeling overwhelmed? Why do you hit the drive-through when you've had a stressful day at work? It may not be an entirely comfortable thought, the idea that part of your self is holding onto a habit or belief that you thought you were trying to let go of. After all, you've been living your old story for so long, and even if you know you're unhappy, you're at least comfortable with that unhappiness.

But now you're ready to let go of the emotional pain and frustration and chaos. You've started working toward renovating your relationships with the world. So instead of beating yourself up over your "bad habits", it's time to take a real look at them, and let them go once and for all.

So for today, take one small step toward changing your story. Write down three negative habits in your life – things you'd like to change about yourself or your actions. Then take five minutes to think about how these habits are serving you. What are they doing for you that is hard to let go of? When you know what you subconsciously "value" about these bad habits, you'll be able to get that value fulfilled in a different way, and can finally begin making a change that will last.