



Day 3: 33 beliefs to create more freedom, ease and impact in your business

1. There is no such thing as failure. If it doesn't work one way, I will try another way.
2. I am deserving of all my desires, even the crazy ones.
3. I get to rewrite my story because I am the master of my thoughts.
4. The more fun I have, the more money I make.
5. No one is me, and that is my super power.
6. I am already wildly successful and abundant right now.
7. I can be, do and have anything I want in my life.
8. I always make the right decisions.
9. Life is always happening for me, not to me.
10. My work changes people's lives and is deserving of massive compensation.
11. I truly believe that the greatest joy and deepest fulfilment in life is found in love and service to others.
12. If you make yourself a little bit better every day, you will become outstanding.
13. It gets to be as easy as I let it be. I choose to let things be easy.
14. I get comfortable feeling uncomfortable.
15. Money is an unlimited resource and it is always flowing my way.
16. I choose to feel good about my current reality and look forward to the future reality I am now creating.
17. Whatever I invest in myself will always come back to me.
18. I have all the resources within me to achieve the results I desire.



19. I am great with money and I get better at managing large amounts of money every single day.
20. 80% of my results come from 20% of my effort and time. I always choose wisely and focus on the most impactful tasks. I achieve more in doing less.
21. Selling is serving people.
22. I have an eye for the essential. I pause just long enough to decide what matters and then allow what matters to drive my day.
23. The bigger I think, the bigger my actions become and the bigger my success becomes.
24. I dream bigger than anyone else and base what I do, how I do it and who I do it with on succeeding at that level.
25. I always trust the guidance I receive from the highest version of myself.
26. My past does not determine my future. I let my circumstances, my experiences and my past behind and create my own reality.
27. I love and accept myself wholeheartedly and unconditionally.
28. Haters are part of making a huge impact in this world and mean that I am on track.
29. By becoming a better version of myself every single day, I am raising the vibration of this planet.
30. I am a leader. I think and act like the CEO of my own company, because I AM the CEO of my own company.
31. It is my mission to show up as the highest version of myself every single day whilst inspiring others to do the same.
32. I am enough, have always been enough and will always be enough. I choose to release all negative emotions that no longer serve me. It's my time to start feeling good.
33. The more value I give, the more abundance I will receive.

EXTRA TIPP:

Re-read the statements by adding “OF COURSE” at the start.
Make it sound like everyone who believes something else is off their mind.

OF COURSE There is no such thing as failure. OF COURSE If it doesn't work one way, I will try another way.



HOMework

- 1) Download your “33 new beliefs audio file” and write them, read them, listen to them! Find whatever works best for you, but do it. **Repetition is the key.**

>> **BONUS Audio file:**

<https://soundcloud.com/susi-kaeufer/33-beliefs-to-create-more-freedom-ease-and-impact-in-your-business/s-KjSSc>

- 2) Pick the top 5 beliefs that you feel would change your life and business the most.

They might be exactly the ones where you’ve been shaking your head, wondering if you can EVER come to believing this.

Create a proof list for each.

Stop trying to prove that this belief is wrong for you.

If you would be an inspector and you would have to find proof that this belief is actually correct, which indicators can you find in your own life?

Belief Nr 1:

WHY IS THIS ALREADY TRUE? WHERE HAS THIS ALREADY BEEN TRUE?

Belief Nr 2:

WHY IS THIS ALREADY TRUE? WHERE HAS THIS ALREADY BEEN TRUE?



Belief Nr 3:

WHY IS THIS ALREADY TRUE? WHERE HAS THIS ALREADY BEEN TRUE?

Belief Nr 4:

WHY IS THIS ALREADY TRUE? WHERE HAS THIS ALREADY BEEN TRUE?

Belief Nr 5:

WHY IS THIS ALREADY TRUE? WHERE HAS THIS ALREADY BEEN TRUE?

3) Share your favourite new belief(s) in an Instagram post. Get creative, make it a wallpaper or a pretty canva graphic, a quote or take a photo of your own handwriting.

Don't forget: To participate in the draw for 5x \$100, use the hashtag #dreamlifedeluxe and tag 5 friends including myself @dreamlife_deluxe

