Syllabus – 7-Day Introductory Course in Holistic Belief Reprogramming

Day One - Introduction

Introduction and Outline of Five-Step Program in Holistic Belief Reprogramming ("HBR")

1. **Identify Problem Areas** (what is not working in your life)

2. Gain **Awareness** (of the limiting beliefs that are operating in the problem areas)

3. Gain **Understanding** (of the connection between your beliefs and the reality you are creating for yourself)

4. **Releasing** (erasing negative emotions, beliefs, and memories – letting go of all the old baggage)

5. **Reprogramming** (by implanting new, positive beliefs to create a new reality for yourself)

Note: It is very important to do these steps in the proper sequence. Reprogramming will not work, most of the time, unless the negative has been erased prior to implanting the positive.

NOTES:

Homework: Worksheet Day-1