



I am Committed to Being

Programming Your Mind to BELIEVE

in the Version of You that You Want to BE!





I am Committed to Being

Whether you want to acknowledge it or not, everything in your world right now is there because you either said **"Yes!"** to it, or **BELIEVE** in it in some way shape or form.

Now, you may be thinking, *"Um, Morgan ~ I don't believe in my broken-heart or growing debt, the extra 5-10 lbs I'm carrying, or the friends who don't call or do what they say they will ~ leaving me hanging."* And while I feel your pain, I **really** do, I'm going to need to be a bit in your **FACE** to get through to you and say...

*"**YES!** E-V-E-R-Y-T-H-I-N-G, the broken-heart, how you choose to spend your credit or money, the food that you're eating or lack of exercise you're not doing, and even the stuff you put up with from other people are ALL a result of the beliefs you have about yourself, the world, and your relationship to it."*

When you make a choice, any choice, it always stems from your belief-system, and if you **BELIEVE** that this is the best you can do, even if just in the moment, it's what you're going to settle for - and it becomes your experience.

For example, take a look at where you live and the job you're in... do you think they are beneath you? If so, chances are you're taking every measure, including going to school or working your **ARSE** off, to make it to the next rung on the corporate ladder. The reason you do this because you know you're worth the time, energy, and investment to make things better.



I am Committed to Being

Now, let's say that you find your current business or work position to suit you, and your home to be an accurate reflection of what you believe you deserve - then chances are you're going to keep doing what you're doing, in order to maintain it. And, unless some new idea or thing comes along that you **REALLY** want, and you're newly motivated, you're probably not going to put forth much more energy to make things better.

And last, which most people find to be a **SURPRISE**, is if somehow you make it above your "pay-level," or the place you feel you really belong in life, you will do things to sabotage your success, in order to bring your lifestyle down to a level you're comfortable with. This is why so often we see celebrities make it to "**The TOP!**" only to watch them do what most of us would consider to be "stupid moves," and lose everything they've worked for.

So, as I was saying, everything that's in your life is there because you **BELIEVE** in it, and have agreed to it being there. And the fabulous thing about understanding this is that, if you don't like something, or someone, and you want to change it, you can actually program your mind to shift your belief-system to remove it, so that you can get the love, health, and wealth you want to experience.

On the next couple of pages you will find a simple, yet POWERFUL exercise to begin to shift your belief-system so it will support you in the things you say you want. And, while a shift won't necessarily happen overnight, you will begin to feel stronger, and like your dreams are more possible, as soon as you begin.



I am Committed to Being

Here's some of the **MAGIC** behind why this will work for you...

Every belief you have once started as a thought or idea, and as you committed to it - giving it time, energy, and focus, it became a part of your habitual thought-stream, which then subsequently made it a part of your belief-system.

And like I said, everything you're experiencing stemmed from a choice you made based on what you believe. So, if you're current beliefs don't support your desires and dreams, then it's time to change them.

To begin shifting your beliefs about who you are, and what you're capable of creating - fill out the following worksheets, and either hang them up somewhere you can see them regularly.

Or for a **SUPER-CHARGED** experience, make copies of the worksheets before you write on them, and fill them out daily, so that you have to focus on these new ideas more deeply - as those things that you focus on most in your world are what becomes most predominate in your reality.

PEACE, LOVE & **HAPPINESS**,

Morgan



I am Committed to Being

I am committed to being (health) :: _____

Today I will demonstrate that commitment by ::

1. _____

2. _____

3. _____

I am committed to being (career) :: _____

Today I will demonstrate that commitment by ::

1. _____

2. _____

3. _____

I am committed to being (relationship) :: _____

Today I will demonstrate that commitment by ::

1. _____

2. _____

3. _____



I am Committed to Being

I am committed to being (fitness) :: _____

Today I will demonstrate that commitment by ::

1. _____

2. _____

3. _____

I am committed to being (spiritually) :: _____

Today I will demonstrate that commitment by ::

1. _____

2. _____

3. _____

I am committed to being (parent / caregiver) :: _____

Today I will demonstrate that commitment by ::

1. _____

2. _____

3. _____



I am Committed to Being

Last minute tip about this exercise :: If you really want to experience positive transformation in your life, try this exercise for a minimum of 21 days in a row, and I guarantee you will notice a quantifiable increase in your ability to create your life the way you want it to be.



ABOUT MORGAN :: SELF-LOVE Guru and Dating + Relationship Mentor, Morgan McKean is on a mission to help people stop suffering by increasing their self-love, and shifting their belief system so they can create their lives the way they want them to be.

WANT TO WORK WITH MORGAN :: If you enjoyed this exercise, and feel you would benefit from working one-on-one with Morgan, or one of her other SELF-LOVE mentors, to help you create your life the way you want it to be, please email us at livingclear@morganmckean.com.

