

There's a whole world out there of people that need you to serve, that you are now investing your time and your energy and you are stepping up to be that person and that woman who makes investments like this, who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make shit happen no matter what this is meant for millions. Here's your host, Jen Scalia. Hello and welcome to met millions, the podcast for online entrepreneurs who want to create wealth and freedom with their business so you are in the right place if you're looking for the mindset and strategy to get seen, moan and paid online. I am your host, Jenna faith, formerly known as Jen Scalia, success and mindset strategist for entrepreneurs from want it off. Make sure that you're coming back here each and every week. We'll you'll get a short 15 to 20 minute audio training on how to build wealth from the inside out. Today's episode is actually a continuation or a part two of the previous episode. So if you have not listened to episode 51 I'm going to ask you to pause this. Go back to episode 51 and listen to that part first. In that episode we talked about uncovering what your money blocks are. In today's episode part two we're going to now talk about how to reprogram those old beliefs, reprogram those limiting beliefs so that we can get rid of them for good. So a lot of times what happens is we feel like we want to just find the beliefs, let them go release some, forget about them. But the reality is like we can't just let them go. We actually have to replace them.

We have to think something new, feel something new, believe something new. In the previous episode we did all of the digging. We did all of the hard work, we did all of the really, really heavy stuff and now it's time to reframe. So not only in the beliefs but in our words and actions too. So we must be diligent, conscious, and intentional about this. So let's go ahead and dive into the good stuff. Based on what we did last week. What I wanted to do this week was talk about how to start reprogramming old beliefs. So first thing I want to mention is obviously this is not an overnight thing. This is not something that's going to happen right away. It can, you know, if you're super committed, if you really are just at the top of your game when it comes to mindset and controlling your emotions and your thoughts and catching yourself and having an awareness around what's going on.

But it's something that's going to take time. All of the beliefs that we have right now, all the things that have been keeping us stuck, all of the things that we've been told, we've been told for years and years and years, decades. So in order for us to reprogram those beliefs, it better be a conscious and committed process that we take every single day. Something that we're going to have to intentionally do on a daily basis until that just becomes the new belief. So as I've been doing this work with mindset, what I've really figured out is that, you know, a lot of people talk about having to let go of old beliefs and just forget about them. And honestly, I just don't think that that works. I feel like if we just try to forget about it or we try to release it or we try to let it go, it's still there.

That belief is still there. Maybe it's hidden a little bit more. Maybe it's pushed down a little bit deeper, but it's still at the root cause there. The way that I look at it is we can't just let it go or release it. We actually must replace it. We have to actually think something new, feel something new and believe something new and it's got to replace the old belief, not just add on to our other beliefs, because we're still gonna have those old ones. So don't try to release it or let it go and replace it. It's actually going to be very simple because this is just the beginning phases of what I want you guys to do. So it's going to be a short, quick lesson, but it's going to be something that you're going to need to do every day on a daily basis, multiple times a day if possible, in order to start reprogramming and rewiring those old beliefs that have been keeping us stuck and been keeping us where we are.

So for all of the old beliefs that you uncovered last week, all of the things that you wrote down, what I want you to do is I want you to write an opposite statement with the new belief that you want to believe. So if you didn't actually write out the beliefs in kind of statements, do that first. So what are the things that you believe, you know, what are the old beliefs that you have been taught or that you have

been kind of operating from? And then for this big lesson, I want you to write out the opposite statement. And that opposite statement is the new belief that you want to believe. So a couple of examples. Old beliefs could be something like you have to work hard for your money. I have that one a lot because my dad was an entrepreneur himself and you know, it was always hard work and long hours.

And that's the only way that you can survive. So old belief, you have to work hard for your money. New belief making money is fun and easy. Another example, old belief is bad or wrong to want it all. New belief. It is my birthright to have it all in all areas of my life. So I want you to do this for all of the things that came up last week, whether you think that there are big, whether you think that there were small were there, you think that they affected you or not? Because if it came up, it came up for a reason. So I want you to start to shift those beliefs, reprogram them with new beliefs, not only the beliefs, right, but our words and our actions too. So what we're saying to ourselves on a daily basis, how we're acting on a daily basis, how we're showing up, what am I doing that is not in alignment with what I want and who I want to be.

And want you to do a consistent, pretty much constant check on this. Like, you know, as you're doing kind of your day to day stuff and the stuff that just happens and habits and all of that stuff. Like literally ask yourself like if I was already the person that I want to be, if I was already the million dollar business owner, if I already was the transformational thought leader would be doing this, would I be acting this way? Would I be talking to myself this way? Would I be doing certain things on the day to day? Now that you have that answered, what can I do to change that today? So again, I don't expect you guys to just completely shift overnight. It's going to be baby steps. It's going to be consistency that's going to actually shift who you are, how you act, what you think and what you believe.

So what can you do to change that today as little as it is, right? Making a simple decision saying no to something, taking a different road, like breaking a habit or at least catching yourself when you're doing something that you know isn't an alignment with what you want to do or who you want to be next. What are the new beliefs that you want to believe now? So these obviously are going to be the ones that we just mentioned, the above all of those new beliefs. What are the new beliefs that you want to believe? Now basically what you need to do is continue to say these to yourself out loud, to journal them, to write them every day. I have a client who will actually record herself doing the journaling prompts or the affirmation. So that's another thing you can do is actually record yourself and then listen to what back on a daily basis or on a repetitive basis.

And basically it's repeat, repeat, repeat, right? Because all of the beliefs that we have right now are many, many years in the making. So in order to create the new beliefs, we need to overcome those. We need to really just overtake those old beliefs with the new beliefs. And the more consistent you can be and the more repetitive you can be with what you want to believe, like literally you will just wake up and be that. You won't even have to think about it. Like it'll just be who you are. It'll just be how you think. It'll just be what you believe. Right? So this is why the journaling and the consistent mindset work is so important to just always do. Even when you're feeling like, wow, things are getting really good and I'm manifesting really cool stuff and you know, things are doing awesome, I can stop doing my journaling.

Absolutely not. We have to continue to do this work all the time, every day as much as possible until it actually becomes who we are. So that is it for the lesson. It's simple, but it's not right. It's simple. But it's something that has to be consistent. We have to have intention when we're doing this and it has to be repetitive and something that we do on a daily basis. So continue to tell yourself the new beliefs that you want to believe now and rewire the old one. Replace the old one. Don't just try to let it go. I'll just try to put it out of your mind. I'll just try to forget about it. We need to replace it.

Now, one thing I want you to remember is that now that you have these tools, you are able to do this on a regular basis. So this is something that you're going to have to be committed to. It's something that

you are going to have to just really be intentional about and consciously rework the old beliefs so that you can create that new reality for you. So it's not just a one and done thing. It's something that you're going to want to do over and over again. So if you head on over to the show notes@gemscalia.com forward slash E 52 that is the letter E and the number 52 I actually have some journaling prompts there for you as well. So make sure that you head on over there, download those. And I just can't wait to see and hear how this goes for you and how you're able to really shift your reality very, very quickly. So thank you again for being here, and I hope to see you in the next episode.

Let's keep this conversation going to join us in the private discussion group, the ambitious Bay, but where ambitious driven online entrepreneurs go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at [Jenn scalia.com/tribe](https://www.jennscalia.com/tribe).