

Rewiring Beliefs



SUBLIMINAL BUILDER

a 5 day launchpad to embodying your next iteration of you

Day 2

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TODAY



Step two: Clarify

Create a list of 10-30 affirmations that light you up!

02 Clarify

Look at all your answers from those 15 journal questions and highlight which ones really light you up. Narrow it down to 10-30 affirmations that make you feel successful, at peace, satisfied, and seen!

On the next page I'll go into some tips for turning them into affirmations that your subconscious mind can accept.

SUPPORT: if you need additional support, share your questions in the Facebook Group! You can even share your full list of the affirmations you've boiled it down to before you hit that record button. You never know when your question will inspire or support another!

AFFIRMATION WRITING TIPS

- Phrase all affirmations positively. Your subconscious doesn't take in the negation.
 - Example:
 - *I am no longer in debt* (subconscious would hear "I am longer in debt") → instead try: *I have a zero balance on my credit cards.*
- If you're choosing affirmations to do with weight loss or loss of any kind: anything that has been "lost" can be found again. Try playing with the word "release" instead.
 - Example:
 - *It is safe for me to release excess fat.*
- If your bullshit radar goes off use bridge affirmations
 - Example:
 - *I am willing to believe that _____*
 - *I choose to believe that _____*
 - *I am in the process of _____*
 - And then in Step 3 when you record it speak BOTH the affirmation and the bridge affirmation
- Make sure these are affirmations that light YOU up!
 - Your brain will not receive these affirmations if you don't see yourself as being capable of them. (So saying "*I can levitate pencils off the table*" will do nothing, because no one is physically capable of that)
 - Your brain will NOT receive these affirmations if they don't evoke a good feeling within you.
- Is there 1 affirmation that is calling out to you more than any? If so, when you are recording feel free to say it multiple times.

AFFIRMATION WRITING TIPS

Human Design Aspect

Grab your human design chart off the internet:

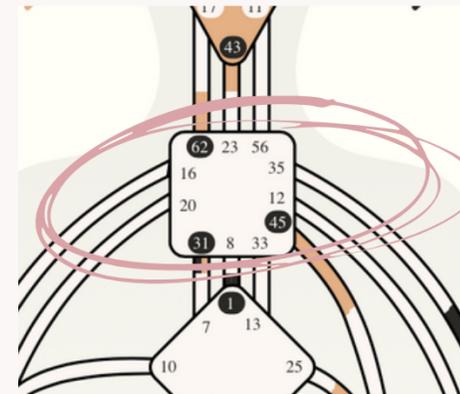
www.myhumandesign.com/get-your-chart/

In Human Design your throat chakra has 11 gates. Gates are where energy enters and exits our Human Design chart. Each gate has a particular flavor to its energy. Therefore, if you have a gate activated, it means that energy leaving and entering that center and will hold that particular flavor.

There are specific affirmation "handles" that resonate with certain defined gates (which are the little circled numbers).

Throat Chakra Gates:

Gate 23: "I know"	Gate 56: "I believe"
Gate 62: "I think"	Gate 35: "I feel"
Gate 16: "I experiment"	Gate 12: "I act"
Gate 20: "I am now"	Gate 45: "I have"
Gate 31: "I lead"	Gate 33: "I remember"
Gate 08: "I can"	



You can see here on my chart the gates that are active are: 62, 31, 45 so affirmations like "I have abundance" tends to resonate with me more than "I am abundant"

I still do use "I am" affirmation statements, but I always make sure to include resonant ones as well. Ultimately this is meant to support you in playing around with what feels really good to YOU. So don't take this as gospel-- it is just another avenue for you to explore what works for you.

BONUS TIP

When I was releasing the 50+lbs I had gained in college it supported me to have a closing statement with myself before falling asleep.

Your brain is most open to suggestions 5 minutes before you fall asleep and right as you are waking up. You can use the most resonant affirmation as your closing statement.

My closing statement was *“it’s okay to release this fat. Thank you for making me feel safe when I didn’t feel safe, I don’t need this fat anymore. It’s okay to release this fat. Delete delete delete”* and then I’d visualize hitting a computer delete button and the fat just deleting from my inner thighs and arms (aka where I gained weight first & felt the most inner turmoil about holding onto it).

Notice how there is a wee bit of a forgiveness release in that closing statement as well as gratitude. Those are both powerful energies to add to your closing statement.

Similarly, set your identity right when you wake up—BEFORE COFFEE, before opening your eyes, even if you don’t feel like it. Remember who the fuck you are!

When I was first rebuilding my sense of Self Worth it was really powerful to wake up and say: *“I am a worthy, loving, courageous leader.”*

I found this helpful because when we sleep we can take on different identities in our dreams. Reminding yourself of who you are and what you are stepping into and what you are here to accomplish can be very powerful for focusing your energy for the rest of the day.

What would your closing statement be?

What would your identity statement be?

Thank you for coming to my Gem Talk

You are light!

