

Think about the time when you just came into the world, when you were just born. You were raw, pure, curious. You were like a blank canvas.

You didn't have a choice of where you would be born, your parents, things you were taught, things you learned and things that became a part of your belief system. Many experiences throughout your life made you who you are today.

As an adult, you have a choice to unlearn things, you have a choice to build a new belief system that would serve you better. You could actually recreate and reinvent yourself.

We heal ourselves on the mental level as we become aware of our core beliefs, release those that limit us, and open to more supportive ideas and greater understanding.

Research in Neuroplasticity has now proven that You have the power at any age, any stage, with any mindset, to change, train your brain and become everything that you want to be and it's in everyone.

For many years it was believed genes shape us but the environment plays a major roles that's the paradigm shift created by epigenetics. We can be empowered to choose our own path. It is not just about our genes but now we can play the role and be participant based on the role of we choose day and out. This is how we shift into the model of empowerment.

90% of our day is operating from the subconscious where there are habits and patterns that no longer serve us. According to the subconscious, familiarity is safe because it is predictable.

That's why it is important to understand this resistance when you want to create a new habit breaking the old patterns.

Our subconscious mind is trying to protect us keep safe what it thinks it is our best interest and that best interest is the autopilot not the best interest of our authentic self of choice, we need to wake up and witness the subconscious so that we can truly choose what we would like to be, telling our mind it is safe to do it.


Subconscious mind works from repetition.

Journaling is an important tool harnessing the power of neuroplasticity, imagination, mentally rehearsing and at one point actualizing those choices. It helps to embody our new choices. It's a reminder to the subconscious that we want to do things differently.

Let's start this journey to UNBECOME, to create the real you and create your version of the best life. I recommend doing this journaling every single day for massive shift in your life.

UNBECOME - coming back to Real Authentic you

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Today I release(Forgiving/Thoughts/Beliefs/mindset that is holding you back or not serving you):

I replace that with:

Write briefly about your ideal self/goals with feeling with what you want:
(Write it and take some time to feel it with gratitude):

Today I am grateful for:

Today I am grateful to myself for:

Today I am going to be:

This will allow me to feel:

This is one thing that I am going to do today:

Today I invite more:

Today I would spread:

Today my intention is/reminder to self/Mindset I would like to embrace:

Final Remarks: