



DAY #5: SHOW YOUR MIND THAT EVERYTHING IS AVAILABLE TO IT

YOUR MIND WILL SEEK TO HOARD IN TIMES OF SCARCITY

If your brain thinks that something is scarce ... and you want it ... it will **INCREASE** the desire.

When you show your mind that everything is available to it ... it puts you back in control.

Imagine you're in a restaurant, and you see pizza on the menu, and you say to yourself "I can't eat pizza, because I'm on a diet." ...

And then you start looking at the salads, saying to yourself, "that's what I *should* have, because I can't have what I **REALLY WANT**" ...

And then you see the desserts, and you think how delicious they sound. You see the desert in your mind and remember how incredible it tasted last time, but then you say to yourself, "I'd better not, I'm trying to lose weight".

Your mind immediately makes pizza and desert the most desirable thing on the planet because you're telling it what you *really* want is pizza and dessert, but it's not available to you!

Take back your power: show your mind that **EVERYTHING** is available to you.

Saying "I mustn't", "I shouldn't", "I'm not allowed", and "I can't" all increase the desire for what you're trying to resist. **Replace the words "I can't have" with "I choose not to."**

If you say to yourself that you *choose* not to, your brain knows that **everything is available to you** if you choose to have it, and it allows you to let it go.

If this feels false in the beginning don't worry – your brain can be deceived!! (Remember it can't tell the difference between what's real and what is imagined.)

The words "I have chosen to" are extremely powerful. **SHOW YOUR MIND THAT YOU HAVE A CHOICE!**