

# DAY 10 MATRIX GOALS REIMPRINTING

In the previous lesson, Day 9, you learned two of the key tools that *turbo charge* the 5-step Fun and Fearless Goal Success process and kick-start the Law of Attraction for achieving your goals.

To recap these are:

- EFT Tapping (Emotional Freedom Techniques)
- Matrix Reimprinting

Today's lesson covers:

## **Matrix Goals Reimprinting**

## **Future Self Reimprinting**

Both still use EFT Tapping on meridian points while you tune in and talk about your goal/s.

But the difference is you have freedom to use your imagination in a magical, imaginative way...more about that later.

First we have to address ...

## **CORE BELIEFS**

Matrix Goals Reimprinting addresses one of the most fundamental Goal Stoppers that invade the rational mind – negative CORE BELIEFS.

**These are the real silent, unconscious, saboteurs** behind why you are NOT successful when it comes to:

- Achieving New Year resolutions
- Changing addictive patterns and bad habits
- Achieving goals you set for life, health, sports, business, relationships and more

A CORE BELIEF is always an internal “I am” statement:

I am...

Unlovable – “I must be perfect to be loved”

Insignificant – “Nothing I say matters”

Not good enough – “I’m hopeless... I’m a failure”



Unworthy – “I’m not safe”

I AM...

Powerless – “I’m helpless...I always fail... I can’t change or achieve anything”

We tend to project these out into life in the world as FIXED TRUE REALITY, saying “but certain things ALWAYS happen that way”...not realizing the reason is that our own fixed CORE BELIEFS set it up that way.

Examples are:

- Life is difficult
- You can’t trust anyone because they always lie to you
- Other people always come first
- People always put me down
- People always take advantage of me

***Question: Can you shift such strong beliefs which have become ingrained?***

**Answer: Yes!**

With EFT-Matrix Reimprinting when you step into the past trauma and set the Younger Self free, giving her new empowering beliefs...it makes her Future brighter and her goal success assured.

We show her how to

- Step into the FUTURE... where she has written her book, met her true love, lost 50 lbs.
- Dialogue with her Future Self...she can ask questions: “What did you do, Future Self, to achieve that goal?”

## **MEETING YOUR FUTURE SELF**

You can see and feel what the world looks like through your Future Self’s eyes.

You can step into her and associate fully with her sense of joy, wellbeing and happiness, having achieved your longed-for dream or goal.

It’s almost like you waved a magic wand.

You can ask your Future Self questions:

*What do I need to do now to become you?*

# Goal Success

You can ask your Future Self to write you a letter from the future sharing her wisdom and giving her advice about *how to live your best life and achieve your current goals*. Then actually write that in your Journal while still feeling connected to her presence.

Powerful stuff – and it works.

Such a Future Self connection benefits you by telling your subconscious to “find” this reality somewhere in future time and in the matrix – and so it does.

Good luck with making this part of your goal success strategy from now on.