

Transforming Beliefs That Don't Serve with Ken Dubner 10 Point Checklist

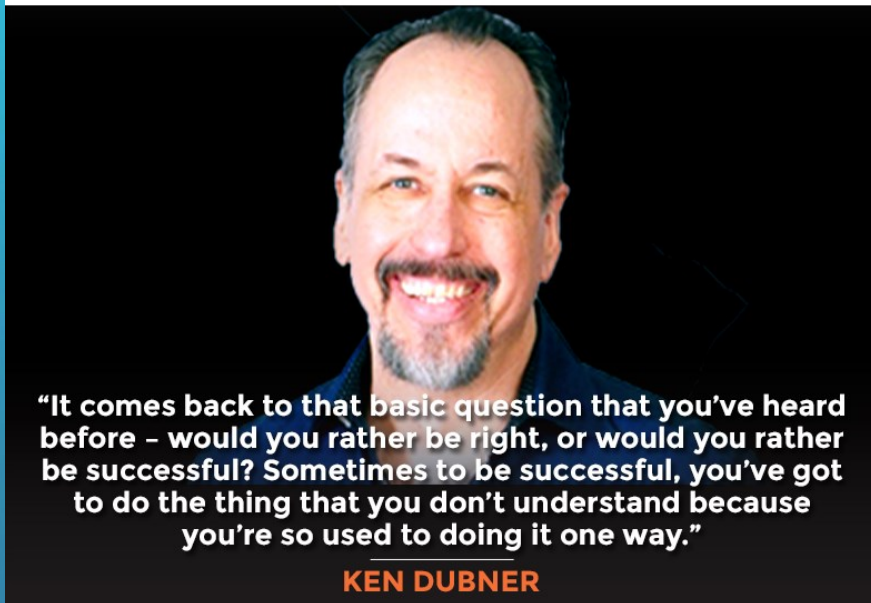
Ken Dubner

Want to gain as much knowledge as possible out of Marketing Speak? Read on below for a **10 point checklist** that gives the next, real steps you can take to elevate your marketing to the next level.



Marketing Speak

HOSTED BY **STEPHAN SPENCER**



"It comes back to that basic question that you've heard before - would you rather be right, or would you rather be successful? Sometimes to be successful, you've got to do the thing that you don't understand because you're so used to doing it one way."

KEN DUBNER

10 STEPS YOU CAN TAKE TODAY

Want to step up your marketing game?

Here are 10 steps that can move you closer to your goals – today.

- Be open! Hypnosis and change can't happen unless you are open and willing to accept them. So step number one is allowing yourself to accept changes to your beliefs.
- Repetition is a great way to connect with your unconscious mind. Start using daily affirmations and guided meditation to relax and create a healing space.
- See a hypnotherapist for phobias; they can help you to get past your fears by reframing the experience in your mind.
- Remember that in weakness comes strength. If you are strong enough to start working on your innermost fears, you will become stronger throughout the process.
- Information overload causes you to let go of your doubts by not giving yourself a chance to overthink them. Start by asking a lot of questions.
- Watch what you say to others. Just as you can be programmed to think negative thoughts about yourself, others can be programmed by your words.
- Hypnosis isn't just for fears; it can also be used to change bad habits or create full life transformations. Write down a few of your deepest desires to take with you when you see a hypnotherapist.
- Use visualizations to become more open to change. The more open you are, the more you can connect with your unconscious mind.
- Music and poetry connect with your creative side and can help to promote healing. Spend time reading or listening to music with positive, upbeat tones.
- Your unconscious mind is not going to be easy to change. Stick with it, and work on yourself over the long term for the best results.