



We help you break through
your limiting beliefs so you
can live the life you want

www.breakingtheiceberg.com



Breaking through...New Year's Resolutions

Welcome to Breaking the Iceberg's second newsletter.

Most New Year's resolutions seem like simple, clear and achievable goals, changes that shouldn't be too hard to make. Yet for many of us when the next New Year's Eve rolls around, there are the same goals on our list again because we haven't achieved any of them. Although we want to make changes there is something stopping us...

A solution to your resolutions

If you really want to achieve your New Year's resolutions you need to make sure your subconscious beliefs match your conscious desires. The PSYCH-K process helps by changing your subconscious beliefs to ones that support your conscious desires.

New Year is a popular time for us to reflect on what has happened in our lives and what we have achieved in the year that's gone by. It is also a time to think about what we'd like to improve or do differently in the new year ahead. So we make New Year resolutions hoping this time, it will be different, but few New Year resolutions make it past the first week of January!

A high proportion of New Year's resolutions relate to improving health and well-being. This includes exercising more, eating healthy food, losing weight, drinking less alcohol, stopping smoking, being more positive and enjoying life.

A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people found that 88% of those who set New Year resolutions fail, despite the fact that 52% of the study's participants were confident of success at the beginning. (ref: Wikipedia)

Subconscious beliefs

If you or a friend are planning to make a New Year's resolution you need to make sure your subconscious beliefs match your conscious desires.

If you find that no matter how much you want to change something in your life (a conscious desire) if the changes don't happen it's important you understand that your subconscious beliefs may be working against you.

We call these beliefs limiting or sabotaging beliefs.

Beliefs are stored in both our conscious and subconscious minds. The majority (95%) are held in the subconscious mind which explains why we're often not aware of limiting or sabotaging beliefs until we're trying to achieve a goal or resolution and never seem to get there.

For example, you or someone you know may have made a resolution in the past related to becoming healthier and fitter. You might have resolved:

- I'm going to get fit and healthy
- I'm going to take up regular exercise
- I'm going to lose weight

but even after making genuine attempts, you never reach your goal or you find yourself in the same situation again twelve months later.



What's likely to be happening is your subconscious mind has an opposing belief to what you're trying to achieve and therefore you struggle to achieve your goal.

The subconscious mind is very powerful – it can handle thousands of tasks simultaneously. It controls the operations of our body – for example, our heart rate, breathing, digestion and motor functions (including movement of muscles). The subconscious mind processes 40 million bits of information per second while the conscious mind processes 40 bits per second. If the conscious mind desires a goal and subconscious mind disagrees, it's no wonder the subconscious wins!

Limiting beliefs can sabotage your health and fitness goals

It could be that in your subconscious mind you have limiting beliefs that will hold you back from achieving your New Year's resolutions about becoming healthier and fitter. These beliefs will be unknown to your conscious mind (until you have a goal that they are blocking or preventing).

Imagine if you believe subconsciously:

Exercise is difficult for me
Exercise is just hard work
I don't have any self-discipline when it comes to food
It's not easy to make lifestyle changes
I can't find time to...

These beliefs would make it difficult for your conscious mind to achieve your goals to get fitter or stick to a diet, so you would probably try for a while, become dispirited and then give up – which is a typical pattern for New Year's resolutions.

PSYCH-K helps achieve New Year's resolutions

PSYCH-K can help you achieve your New Year's resolutions and finally kick your goals in 2016!

PSYCH-K is a process that helps you break through limiting beliefs that could be sabotaging your conscious desires. PSYCH-K helps people:

- a) identify the beliefs they wish to be true,
- b) test to see if they currently believe those beliefs to be true in their subconscious mind, and
- c) for any of those beliefs identified as not currently true, we do an integration technique (called a balance) that changes the belief so that now it is true.

An old belief can be quickly changed within minutes to a new life-enhancing one.

For New Year's resolutions, it's an easy and fast process to determine whether there are any beliefs that may hold you back from achieving your goals. If limiting beliefs are identified, these are then changed to ones that support your resolutions, and with the subconscious on board anything is possible!

Tips for achieving New Year's resolutions

Apart from PSYCH-K assisting you in achieving your resolutions, here are some other actions you can take that will help:

1. **Keep it realistic** by having a short list. A shorter list of goals at one time is easier to achieve.
2. **Develop a plan**, outlining how you will achieve your goals. For example, if you want to get fitter, make exercise part of your daily or weekly routine – so it is easy to keep it going and doesn't feel like a burden or an extra job. Work out the best time of the day to incorporate exercise that will suit you in the long term.
3. **Set small, attainable goals**. For example, if wanting to increase exercise then walking for 30 minutes two times a week is a good starting point. The frequency can be increased once this becomes a habit.
4. **Set tangible goals**. For example, if wanting to eat healthier food then deciding to leave things out of your normal diet, like saying no to potato chips or ice cream or simply not adding sugar to tea and coffee is a good place to start.
5. **Share you resolutions with a supportive friend or family member**. You may find it more fun and easier to stay on track with a "goal buddy".
6. **Take action!**



I hope the information has been of interest to you and please feel free to email me with any questions you may have about Breaking the Iceberg or PSYCH-K.

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Regards
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December 2015

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About Breaking the Iceberg

Breaking the Iceberg helps you change your limiting beliefs, empowering you to create the life you want.

Jude is a qualified PSYCH-K facilitator. PSYCH-K is a straightforward process that helps people to first, identify unknown subconscious beliefs that are holding them back and then second, to change those beliefs – allowing people to live the life they want.

Once identified, a limiting belief can be changed within minutes to a new life-enhancing one – even if you've had the limiting belief for a long time. The process is simple, direct and verifiable through muscle testing.

Breaking the Iceberg can help you create positive beliefs in all areas of your life, including:

- Confidence and self-esteem
- Relationships
- Work and career
- Health and wellbeing
- Wealth and finance.

Breaking the Iceberg can also help you transform or release:

- Stress from trauma – past, present or future
- Fears and phobias – for example fear of flying
- Anxiety associated with giving presentations, exams and tests
- Grief and pain from loss.

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