

The Magic Of Thinking Rich Season 3 Day 20 Documentation

Date – 22/5/2021

Time – 7.30 PM

BSR Sir started the session by sharing the viewer's statistics on The Magic Of Thinking Rich, BSR Sir appreciated the efforts of the team, volunteers and the viewers. BSR Sir spoke about how BSC (Body, Story, Communication) has the power to change the life, how words like How Wonderful, CUT CUT CUT etc can alter the negative beliefs. BSR Sir shared some testimonials; how this workshop has helped people fight COVID and recover from it. How this workshop has helped people change their mindset to change their life for good. BSR Sir shared some stories related to the Power Of Beliefs.

BSR Sir shared about the negative beliefs about Rich and Business; input in people's mind from their childhood and how this negative mindset about money and financial abundance refrains people from achieving abundance. BSR Sir also shared about the limited beliefs and how it hampers your growth and create hurdles in achieving what you desire. BSR Sir also shared some personal anecdotes showcasing how he worked on shattering these negative beliefs and turned his life around. BSR Sir explained the difference between Facts and Beliefs. Fact is something which is true and doesn't change. This is applicable to all and doesn't differentiate. Eg – Sun rises in the east. **“Fact is Universal & Belief is Individualistic”**. BSR Sir shared numerous examples to explain the difference between Fact and Belief.

Ways to Convert Your Negative Belief into Positive –

- 1) Identify your negative belief** – The first and the most important step is to identify the negative belief. Then identify the real reason behind that belief and what is the basis of that belief, so that you can remove that negative belief from its root. Identify and write it on a piece of paper. BSR Sir shared some examples to explain this point.
- 2) Why should I get rid of this belief** – You have to convince yourself with some strong reasons for why should you get rid of this belief. If the reasoning is not strong, you will not be able to get rid of that particular belief. Write down as many reasons as possible. BSR Sir shared some examples to explain this point.
- 3) Leverage** – Are you committed – This is a very important step of the process. You ought to have an undeterred commitment to get rid of that belief. Your commitment should reflect in your actions. BSR Sir shared some examples to explain this point.
- 4) Doubt your negative belief** – BSR Sir advised people to doubt that particular belief which they want to get rid of. BSR Sir explained this topic in detail.

- 5) **Search for opposite stories** – BSR Sir asked people to look for examples that are against the negative belief that you have. BSR Sir explained this topic in detail.
- 6) **What should be my new belief** – BSR Sir advised people to develop a belief exactly opposite of the negative belief that they are trying to get rid of. Write the opposite of the belief on a piece of paper. BSR Sir explained this topic in detail.
- 7) **Experiment** – BSR Sir advised people to experiment with the new opposite belief that you are trying to develop. BSR Sir explained this topic in detail.
- 8) **Read, Research, And Search For Supporting Positive Stories** – BSR Sir explained this topic in detail.
- 9) **Start talking about new belief everyday** – BSR Sir explained this topic in detail. Sir shared numerous personal anecdotes to explain this process.

BSR Sir answered some questions asked by the viewers and closed the workshop for the day.

Watch this powerful session on YouTube channel CoachBSR