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*the*  
**Subconscious  
Expert**

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**JULY SUBCONSCIOUS PODCAST CHALLENGE**  
**WEEK ONE**

@\_REBECCAHAYDON\_

We have officially hit the **6 month mark of 2024** and whilst you are proud of the incredible milestones you've achieved, you **can't help but feel like you could have done better...**

Everyone around you is congratulating you for your achievements, but for you, this was just the bare minimum, you know you're capable of so much more.

**You know you've procrastinated, you made excuses, you didn't stay consistent with everything you truly set out to achieve this year so far.**

So from the outside your business seems successful, and it is, but inside you know that right now you're not at your highest potential and you can achieve so much more.

**Your dreams are fucking audacious, they are huge and you KNOW you are capable of achieving them...**

☞ "Why can't I just do the damn things?"

☞ "Why am I playing small when I could be the leader in my space?"

The truth is that realising your highest potential is more than just having big dreams and incredible strategy. **You need the right mindset, at a deep subconscious level.**

**So your WEEK ONE challenge is all focused on :**

**✨ALIGNING YOUR SUBCONSCIOUS TO THE REST OF YOUR 2024 GOALS ✨**

Your subconscious mind is a powerful force that influences your beliefs, behaviours, and ultimately, your success. Even if you consciously set goals, your subconscious beliefs and habits can either support or sabotage these efforts. If your subconscious holds limiting beliefs or negative patterns, achieving your goals becomes so much harder. By aligning your subconscious with your goals, you ensure that your deep-seated beliefs and actions are working in tandem with your conscious desires. This alignment will help you stay focused, see those juicy opportunities, and maintain the mindset needed to overcome obstacles and achieve success.



# STEP ONE : THE ALIGNMENT

## 1. Identifying Goals:

- What are your top three goals for the rest of 2024?
- Why are these goals important to you?

## 2. Current Beliefs:

- What beliefs do you currently hold about your ability to achieve these goals?
- Are there any fears or doubts that come to mind when you think about these goals?

## 3. Emotional Connection:

- How do you feel when you visualise achieving these goals?
- Do these feelings include excitement, fear, doubt, or something else?

## 4. Behavioural Patterns:

- What daily habits and actions are you currently taking towards these goals?
- Are there any actions you are avoiding or procrastinating on?

## 5. Past Experiences:

- Reflect on past goals you have set. Did you achieve them? Why or why not?
- How do your past experiences influence your current beliefs about your goals?



# STEP TWO : THE MISALIGNMENT

## 1. Identifying Misalignment:

- Are there any beliefs that don't serve you or thoughts that arise when you think about your goals?
- How do these beliefs contradict your goals?

## 2. Reframing Negative Beliefs:

- Write down each negative belief and create a better thinking thought to counter it.
- For example, change "I can't achieve this goal because I'm not skilled enough" to "I am continuously improving my skills and capable of achieving my goal."

## 3. Visualising Success:

- Spend 10 minutes visualising 15 minutes after successfully achieving your goals. How does it feel? What steps did you take?
- What changes can you make in your daily routine to align your actions with your visualised success?

## 4. Emotional Shifts:

- What emotions do you want to bring in daily to support your goals (e.g., confidence, determination, joy)?
- How can you tap into these emotions daily?

## 5. Action Plan:

- List three specific actions you can take this week to move closer to your goals.
- How can you incorporate these actions into your daily routine?



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# THE JULY PODCAST CHALLENGE

**Step One** : [Give the podcast a 5-star review](#), screenshot it, send it to me via a DM on Instagram [@\\_rebeccahaydon\\_](#), and you go into the draw for a **FREE 45-minute 1:1** with me.

**Step Two** : Share an episode of your choice, tag me on Instagram [@\\_rebeccahaydon\\_](#) and you will be in the running of a **VIP VOXER Day with me!**

**The draw ends on July 31st.**

**Share multiple times for more entries.**

