

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 154 – Question Everything

We know that our belief system is founded on what we learned in our family unit, the culture we grew up in, our ancestry, our education, our religion, and messages we received from peers or social media, etc. Add to the fact that our brains are trying to make sense of our world and the experiences we have in it, and where there is a gap in information in understanding, the brain will just make up stuff. Usually, it’s based on something similar that happened in our past or something we experienced before. The brain says, “Ah, I recognize this. This is like that other thing. So, I know exactly how we should act and think about *this* thing.” And it just doesn’t give you any other option to consider. The brain is not going to do that for two reasons: The motivations of the brain – the reason it directs us in any direction – is to avoid pain and conserve energy by not working any harder than is necessary. So, if it sees a pattern, it jumps right on it and does that thing. With no alternative suggested.

In the recording, I share my personal “dog crate” story that kept me stuck in limiting beliefs.

1) Describe a circumstance or situation when you realized you were stuck in limiting beliefs.

2) What was the “pattern” your brain was offering you to stay stuck in?

3) What was that “pattern” limiting you from doing or considering?

You can “break your brain open” and out of those old patterns by questioning everything. You can question things like: When you get up in the morning, what is your routine and why do you do it that way? Why do you sleep on that side of the bed? Why do you sit in *that* chair? Why do you eat that kind of food? Why do you go to that kind of church? Why do you wear those kinds of clothes?

Sometimes our patterns *keep* us from doing things. I shared that I had a “story” from my family of origin that it was trashy to have a tattoo. And when I questioned that, I got one on my wrist and it changed my life forever.

4) Name some things you’d like to question and open yourself up to a new and right perspective:

The exercise of questioning everything is not to get you to change everything, but to let you see where your thinking is rigid and limited, keeping you from living a more free and abundant life. This is the point of awareness where you get to decide if you like *why* you do what you do and if you want to keep doing it or consider an alternative.

The most powerful thing you could ever understand is that God has given you the ability to get your brain to work for you, not against you. It’s just going to continue to do what it does – being lazy, stuck in ruts without any new ways of thinking – unless and until you decide you’ve had enough and you want to experience something more.

If you’d like some help in this area, I’d love to be your Life Coach. Feel free to email me at: coaching@triciazody.com