

What's
Holding
You
Back?

A Special Report

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What's Holding You Back?

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A Practical Guide to Living Your Dreams"



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About the Author



Alan Tutt started out in life as an 'A' student, but soon fell into failure due to an overabundance of limiting beliefs. After years of struggle and hardship, Alan came upon a message of faith, and pursued a line of scientific research until it paid off in a long series of personal successes.

Now with over 25 years of experience, Alan spends his time presenting workshops and coaching individuals and businesses to help them find the underlying beliefs responsible for hardships and limitations, and helping them change those beliefs to manifest greater success and empowerment.

Alan continues to refine his techniques to get better and better results. He also maintains a unique membership site at www.PowerKeysPub.com where he assists his members to attain high levels of success and happiness.

Other Books by Alan Tutt

Choose To Believe: A Practical Guide to Living Your Dreams
Keys To Power — Step by Step course
Keys To Power Prosperity
Keys To Power Persuasion

Audio Programs

Choose To Believe Audio Workshop
Belief Entrainment for Unlimited Success & Happiness
Keys To Power: The Power of Intention
Awaken Your Power (guided meditation)
Sharpen Your Focus (guided meditation)

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What's Holding You Back?

Most of us are blocked from living our dreams by invisible obstacles we never know are there. We live out our lives never really knowing the great accomplishments we could have achieved, the riches (or relationships) we could have had, or the thrill of experiencing complete freedom from all limitation.

In this report, I'm going to show you how to identify your hidden obstacles, and what you can do to remove them and live a life of freedom and joy.

When it comes to identifying the reasons why we don't live our dreams, we all have our favorite excuses. Do any of these sound familiar?

I'm too young.

I'm too old.

I'm not attractive enough.

I'm not smart enough.

I'm not good enough.

I don't have enough money.

The economy isn't good right now.

There's too much competition.

I don't get lucky breaks like other people do.

He / She would never be interested in me.

My condition is hereditary, it runs in the family.

If God wanted me to be successful, it wouldn't be so hard.

Whatever 'reason' you have for not reaching out and going after your dreams, I'm sure you believe it's real and not just an excuse. You most likely believe there's nothing you can do to change the 'facts' of the situation and no amount of 'thinking' will remove the obstacles you face.

After all, if you believed you could overcome the obstacles, they wouldn't be obstacles, would they? They'd just be conditions you have to deal with as you turn your dreams into reality.

Beliefs Set Context For Everything Else

One of the most insidious ways our beliefs hold us back is that they prevent us from seeing the world around us as it really is. We see what we expect to see, with very few exceptions. Let's take a look at a couple of examples, and you'll see what I mean.

Example #1: Getting a great job

In this example, imagine that you are out of work and need to find a job. For some of my readers, they won't have to imagine because they're actually in this situation. But if this isn't your situation, just imagine for a moment you need to get a job, okay?

What's the first thing you do? Some people reach for the classified section of the local newspaper, others may sit down to write a resumé, and others may head straight for the unemployment office to sign up for "benefits". Whatever you choose to do, what made you choose that instead of something else?

Answer: you believe your chosen action to be the best course of action to take, at least the best you know for you in your situation.

Okay, so let's come at this from a different direction. What type of job do you look for? Most likely, you'll go after jobs you feel you're qualified for, or at least you'll approach companies you believe may be likely to hire you.

If you've only worked in fast food restaurants, you probably won't even consider applying for an administrative assistant position, although you may consider applying for factory work. If your recent work experience was in construction, you'll probably look at other construction companies for possible employment, and completely ignore ads for sales managerial positions. And if you're used to working in sales, you may consider starting your own business and not even consider things like factory work or administrative jobs.

In short, when we need a job, we tend to apply for only those jobs we believe 'fit' our skills, experience, and abilities. In doing so, we completely ignore possibilities that could open up a whole new way of living.

Example #2: Learning new skills

Okay, so let's say that instead of just looking for a new job, we're considering the possibility of developing ourselves so we can get a BETTER job. In this case, our past experience isn't really an issue since we'll be learning new skills and pursuing new directions, or is it?

If you stop to think about it, who are the people who set out to learn new skills? Those who already believe they can, right? I remember when my dad died and my mom had some choices to make. My dad had enough insurance to pay off all the debts and leave enough money for my mom to live on for a while. Even so, she was worried about how she was going to live the next 15 years (until she could collect my dad's retirement) since she didn't expect the money to last that long.

I suggested she take some time to get over the loss of her husband, and then invest some of the money to go back to school and update her skills. Her immediate reaction was, "Oh no, I could never do that. I'm too old." So she spent the next 15 years working little jobs that didn't pay much money.

As you can see in this example, our beliefs determine whether we even try to improve our situation, or live with it as it is. I'm sure you can see how this same phenomenon influences the decisions we make in all areas of life, including our relationships with other people, how we manage our health, and even how we deal with unexpected events.

If you'd like to learn more about the power our beliefs have in our lives, I have a free report and audio program you can get at <http://www.PowerKeysPub.com/WhyBeliefsMatter>.

Tool for Belief Discovery: The Belief Scale

In my recent book, *Choose To Believe: A Practical Guide to Living Your Dreams* (available on Amazon.com and PowerKeysPub.com), I give a complete system for discovering and changing what we believe in order to eliminate the obstacles to success. In this report, I want to give you a tool from the Choose To Believe system you can start using today.

One of the most surprising things people learn in my Choose To Believe workshops is that they have many beliefs they didn't know about. When we get into the session on discovering what you really believe, almost everyone finds they have beliefs that are quite different than what they expected to find.

The thing that helps them see this for themselves is a tool I call the "Belief Scale". It's a simple process that helps you actually measure the strength of any belief you want to examine.

What's really great about being able to measure the strength of a belief is that you can get INSTANT feedback to know if the processes you use to change your beliefs are working or not. This way, you'll know how well visualization works, and if affirmations really do anything. And not only that, but you can also find out what works BEST, giving you the greatest results while still being fun to do.

A Belief Scale may look like anything you feel comfortable with. It can look like a thermometer, a balance scale, a bathroom scale, or a postal scale. It may even look like a volume knob on your stereo, or you may perceive it as different colors or brightnesses of light. It can look like anything you can imagine. Personally, mine looks like a thermometer, and is located in my torso.

Here's how to locate your Belief Scale. Ask yourself if you believe something you know to be an absolute fact, something like, "Do I believe that $2+2=4$?", or "Do I believe that we are now living on planet Earth?" (You DO believe these things, right?)

If you're like most people, whenever you ask yourself a question, your mind will always produce an answer, even if there are no words associated

with the answer. When most people ask themselves questions such as these, the internal response is something like, "Well, of course I believe this. It's an absolute fact!"

That "of course" feeling indicates the top point of your Belief Scale. For me, I feel it as an energy centered in the top portion of my chest.

Now, ask yourself a question about something you absolutely DO NOT believe, such as, "Do I believe I am a squirrel?" or "Do I believe my name is 'thingamabob'?" These types of questions will show you where your Belief Scale registers a 0% belief. Again, for me, it's an energy centered in my lower torso, in my gut.

Go back and forth a few times, asking yourself questions about 100% beliefs and 0% beliefs and very quickly, you'll know where your Belief Scale is, and how to identify how strongly you believe things.

Now, to find out how much you believe something, like "Do I believe I am too old to start a new career?" you know that all you have to do is ask yourself the question and pay attention to your Belief Scale.

How to Use Your Belief Scale

Any time you want to measure the strength of one or more beliefs, it's important to calibrate your Belief Scale. This is nothing more than asking yourself a series of questions that identify the top and bottom of the scale, like we did earlier in this report. Just ask yourself questions you know are absolutely true or absolutely false.

Other possible calibration questions

Here are a few questions you may use to help calibrate your Belief Scale: (Don't think too hard about these. They are meant to be taken lightly.)

1. Do I believe that $2+2=4$?
2. Do I believe that I am on planet Earth?
3. Do I believe that I am on planet Mars?
4. Do I believe that I am a squirrel?
5. Do I believe that I am a human being?

6. Do I believe that the sun will rise again tomorrow morning?
7. Do I believe that $1+1=50$?
8. Do I believe that the sky is blue?
9. Do I believe that I am alive?
10. Do I believe that the universe was created yesterday?

Questions to Reveal Inner Beliefs

Since the Belief Scale works in response to asking yourself a question, you need to have a list of questions to ask yourself in order to discover what you really believe. As you ask yourself each question below, notice where on your Belief Scale it registers. Give it a number if you'd like to identify how strongly you believe the statement.

Personally, I rate each belief in terms of percentages, from 0% to 100%. A 0% belief is one I absolutely do not believe at all, and a 100% belief is one I consider to be an immutable fact. Both ends of the scale represent very strong beliefs, either for or against a particular statement. A 50% belief is one that could go either way, it could be true or not. These beliefs are relatively weak.

You're free to use any system you want to measure the strength of your beliefs. You can use a scale from -10 to +10, where 0 represents a middle, yes-or-no, belief, and the 2 ends represent either yes or no answers. It's your choice, so use whatever system feels good to you.

Here are a few questions taken from my book, *Choose To Believe*. (Many more may be found inside the book and workshop recordings.)

1. Do you believe that you earn enough money?
2. Do you believe that money is hard to come by?
3. Do you believe that you have to work to earn money?
4. Do you believe that one good idea can make you rich?
5. Do you believe that only dishonest people get rich?
6. Do you believe that you are worth at least \$1 million?
7. Do you believe that you will receive \$1 million this year?
8. Do you believe that you fit in with others?
9. Do you believe that it takes work to keep a relationship?
10. Do you believe that it's easy to find a compatible partner?

11. Do you believe that there are many who are looking for someone like you?
12. Do you believe that you are a lovable person?
13. Do you believe that a relationship can be a source of continuous celebration?
14. Do you believe that getting sick is normal?
15. Do you believe that the body heals itself naturally?
16. Do you believe that your cells are constantly renewed?
17. Do you believe that the body breaks down with age?
18. Do you believe that your DNA controls your health?
19. Do you believe that you are a good person?
20. Do you believe that people generally accept you?
21. Do you believe that you deserve to be happy?
22. Do you believe that you have a good life?
23. Do you believe that you are gifted in some way?
24. Do you believe that you have a purpose in life?
25. Do you believe that the world is on the brink of destruction?
26. Do you believe that the world is becoming more enlightened?
27. Do you believe that people like to help others?
28. Do you believe that people are interested only in themselves?
29. Do you believe that only the strong survive?
30. Do you believe that there is a God?
31. Do you believe that God is a judge?
32. Do you believe that God is a teacher?
33. Do you believe that God is a playmate?
34. Do you believe that God is a protector?
35. Do you believe that there is only one God?
36. Do you believe that we are all part of One Great Being?
37. Do you believe that life is a series of lessons to be learned?
38. Do you believe that life is a playground where all we have to do is have fun?
39. Do you believe that life is a jungle where only the strong survive?
40. Do you believe that we are spiritual beings having a human experience?
41. Do you believe that the universe follows strict physical laws which cannot be changed or broken?

Did you find beliefs you want to change?

The author, Alan Tutt, is the creator of the revolutionary Choose To Believe system which gives you practical, step-by-step tools to discover and change your limiting beliefs, quickly, easily, and permanently!

Alan's Choose To Believe system includes tools such as the Belief Scale described in this report, a Belief Archeology Process which identifies specific beliefs behind specific issues, and several innovative belief change processes involving NLP and conversational hypnosis. Get the complete Choose To Believe system now at <http://www.PowerKeysPub.com>.

Now it's time to do your part to improve the world

One of the main reasons the world is the way it is now, is because of the beliefs that have become so prevalent in our society. Most people just don't know the impact their beliefs have on their lives and on the lives of the people close to them.

The first step in any change process is knowing that a change is needed. You can help initiate that process for people you know by giving them a copy of this special report.