

Title:

Why You Never Get What You Truly Want

Word Count:

433

Summary:

Many of us, whether we know it or not, live within a prison of our own making. This prison has

Comfort zones can take on a variety of different forms, from the area in which you live and th

The primary force that keeps...

Keywords:

belief, comfort zones, fear

Article Body:

Many of us, whether we know it or not, live within a prison of our own making. This prison has

Comfort zones can take on a variety of different forms, from the area in which you live and th

The primary force that keeps you living within your zone is your fear-based belief about what

Regardless of how ridiculous or unrealistic that belief may be, you will accept it as truth de

Your comfort zone is not really comfortable at all, but is really a virtual prison that keeps

The bars to that prison are your fears about what may possibly happen if you move beyond them.

Just for a moment think about a goal or dream you have that seems somehow out of reach. Now ch

It could be a dream job, a new relationship, starting your own business, losing weight, or liv

As you do this little exercise notice how a subtle feeling of fear or nervousness begins to em

This is your unconscious mind springing into action with the intention of dissuading you from

Most of the time you won't notice the constant influence your comfort zone plays in your life,

However, if you stop and consider just for a moment why you can't seem to get that item crosse

It is your beliefs that direct your mind to do this; therefore, in order to break through your

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