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The Core Belief Cycle

The Core Belief Cycle is a visual tool, developed by Dr. Henry Grayson, to help you understand how your beliefs contribute to creating your reality.

A core belief influences your thoughts, which affects your perceptions. Your perceptions are what informs your emotions. Your emotions go on to influence your behavior. That behavior is what elicits a response from the world around you. That response, to your behavior, is usually something that will reinforce your original core belief.

The key to shifting your limiting beliefs is to become more conscious at every step of the cycle. From that place, you can begin to take conscious actions to support you.

In *The Five Tools*, I offer some basic tips for how to begin this awareness process and what you can do, at each level, to interrupt the cycle.