



# Filters



Ten big filters that keep us checking in with ourselves and what else is possible. When you take down the filter that does not work for you, you take back your power.

What is connecting you to your power?  
It's the power to think.

## Victim filter

---

These filters have you lose your power. They keep you stuck in victim mold.

- 1. You are always looking for safety.** Your subconscious has a filter of safety. It is always there in front of you.
- 2. Blame - this is ...'s fault.** I was raised this way, there is nothing I can do about it, etc. We give away our power. Look around in your life and see where you are blaming anyone or any situation. Feeling limited.
- 3. It's not my fault -** pay attention if you say that phrase in your mind, it's because you want to protect yourself, it's going back to safety. There's no such thing as safety - it's an illusion.
- 4. I can't do that because...**
- 5. Why haven't you done this yet?** This is a filter, a voice of judgement, that's how you stay stuck. Awareness is key here.
- 6. This always happens to me -** people always treat me like this. This is your SC mind. As soon as you switch this filter, everything changes.
- 7. It's Karma, I deserve it, they deserve it,** that's why this is happening to me.
- 8. Projection, expectation; everyone is against me,** you do not see their kindness or their love.

# Filters

Keep your filters clear and clean  
**These are your Empowered Filters**

Look through them once/day, refresh yourself with empowerment filters.  
You will start feeling like you are on top of your life.

**1. I cause my life; I am the one who is causing everything in my life.**  
Judgement has no room here. We want to stay in a judgement free zone.  
Look at life from a place of abundance.

You will start to see opportunities. When you look for excuses, you don't see any opportunities.  
What belief is causing this belief?

**2. I create my thoughts, feelings and actions.** In that moment you have choice to get mad, get angry or stay in neutral. What people are doing is projecting on you.  
In every situation, I create my thoughts, feelings and emotions. It's my responsibility.

**3. I own and do not blame**  
There may be a part of you that so badly wants to blame someone. You get to exercise your power to have a different filter to look at your life.

**4. I can explain, but I do not complain** my results, circumstances and actions vs. Misery loves company vs. We humans connect by sharing what's going on. The more we keep sharing, the more you stay stuck in that reality.  
Start speaking different words and your life changes. Explain like you are explaining to a doctor.

**5. I refuse to take things personally. If you don't take things personally, you will have the power you are asking for.**  
When you wake up every morning, put on the filter, I do not take things personally.

It's neutral to me.

Every morning morning repeat to yourself, I refuse to take things personally.  
Understand when someone shares something with you, it has nothing to do with you.

# Filters

We are seeking others to accept us, our life has nothing to do with others. This comes from a loving place. Keeping the conversation open and not getting impacted.

**6. I alone create and choose to be happy.**

**7. I live in the present, not in the past.**

**8. I create my intention** - perspective of setting goals, you set a goal, you go out into the world and something different happens, your reaction needs to be from what was my intention, not I can't do this because...

**9. I am calm and confident.**

**10. I look for the good in others** - when you look for the bad, you look through the blame filter.

