

Potty Pointers

Unload Childhood Baggage



Childhood experiences can influence health and wealth. We develop beliefs from our families and culture. Your current decisions are influenced by what you've seen and heard since childhood. Once you understand the origins of your beliefs, you can unload any baggage that's been holding you back. "Baggage" includes any false beliefs that distort rational thinking. Some examples are: "You can't change bad health genes" or "It's normal to have a high amount of credit card debt." Move forward to increase health and build wealth. Here's how:

- 1. Reflect** on your childhood and life experiences regarding nutrition, diet, exercise, health and financial management. Are there thoughts or feelings that you recognize as false or irrational?
- 2. Convert** baggage into positive messages. Instead of thinking "You can't control bad health genes," say "I can increase the quality of my health through diet and exercise."
- 3. Discuss** positive messages with a friend. Sharing your newfound positive thoughts helps cement them into your personal philosophy.



Overcoming false beliefs is important.

Learn more strategies for success with Small Steps to Health and Wealth.

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