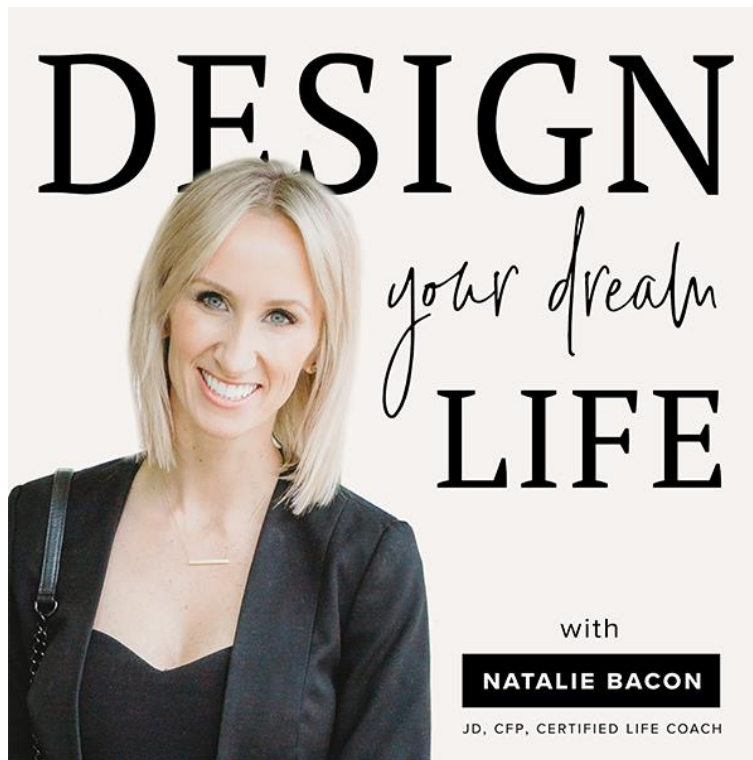


The Next Believable Thought



Full Episode Transcript

With Your Host

Natalie Bacon

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Welcome to the *Design Your Dream Life Podcast* where it's all about designing your life on your terms and now your host, Natalie Bacon.

Hey there. Welcome to the podcast. I'm so glad to be with you today. I have a really fun episode for you. I'm going to be teaching you a brand new tool that I haven't talked about on the podcast before, but I've been teaching it in Grow You. So as I've really honed my coaching skills and my tools, my teachings evolve.

Through creating the new How to Coach Yourself bonus course in Grow You, I created this new tool called The Next Believable Thought. I think it will be really powerful to have a podcast episode on it. If you're in Grow You, you can use this episode along with the class and the workbook that go along with this. If not, you can just write down what I'm teaching and use it.

Before I dive into it, I want to invite you to join me for a workshop. We are going to go live next week. It's called the Power of Your Mind. I'm hosting this workshop for you. I would love for you to be there. I'm going to be teaching you new tools that you won't hear on the podcast that you can take with you and use to deepen your own coaching and mindset work. So you can really cultivate that mindset that you most want in your life. So you can head on over to nataliebacon.com/power and reserve your seat. We are going to have a lot of fun. So I hope to see you there.

Okay. Let's dive into the next believable thought. So first I want you to take a step back and think about whatever season of life you're in and what you want more of. What you want most. What your big goal is. Whether it's working less, cooking more, creating a business, quitting your job, having kids. It could be anything. Like this season of life, I want more of this. Those I would consider are your deepest desires.

That is going to take transformation. So the current thinking that you have has created all of your current results and how you experience your life. So if you want more of something else or you want to create new results in

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your future, you have to change your thinking. You have to believe differently.

So I like to describe transformation as step one, identifying where you are now and really increasing your awareness. Step two, identifying where you want to go. What that big goal is, what you want more of, what's next? Step three is you create the steps from where you are now to where you want to go. This is what I want you to do for thought work. So what doesn't usually work is what most people do, and that's just to practice affirmations.

So I've been doing a lot of work on time. So it's thinking I never have enough time and then practicing the thought I have plenty of time. I have so much time. I'm never busy. So that's kind of where you want to go. Where you're at right now is I never have enough time. So if you start practicing the thought, "I have plenty of time. I'm never busy. I have more than enough time." It's too big of a jump for your brain. You know this because it doesn't feel good. When you think the thought, "I have plenty of time. I'm never busy." If you don't believe it, it won't create an emotional feeling, emotional response in your body.

So I don't teach affirmations. I teach you how to create the next believable thought so that it actually creates the feeling that moves you onto that journey of transformation. The next believable thought is the thought that incrementally moves you forward one small step from your current thought. You may have heard this called neutral thoughts or bridge thoughts or thoughts in the middle before. It's a similar idea. Where you're going from what you believe now to some thought in the middle to where you want to go.

I was thinking about what I teach with goal setting and taking actions. So one of the tools I teach with that is meet yourself where you are. For example, if I am trying to learn how to cook and cook more, I don't want to jump to the thought of I am an amazing cook and cook seven days a week and can cook a new recipe every day. This is fun and easy. Right? My brain doesn't believe that if I don't cook at all. So what I teach is to meet

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yourself where you are and cook one new recipe, and get really, really good at that. Go from that zero to one.

So I've been doing this. I shared this recently a few weeks ago on Instagram stories about guacamole. So I am going from zero to one with cooking in my life. The way that I've been doing that is to just choose one recipe at a time, and get really, really good at that one recipe. That is me meeting myself where I am, which is zero, and going to one. Now for people who've been cooking for a long time.

If you're someone who cooks a lot, whipping up some guacamole is just one of five things you might do on just a Saturday in terms of preparing for dinner. But for someone who doesn't cook at all, that's a really big deal to make just excellent guacamole. Like I want to make really amazing guacamole. By the way, I have mastered it. It feels amazing because I'm thinking oh my gosh. Now I've gotten really good at guacamole. I can't wait to do what's next.

So with taking action, I teach it with meet yourself where you are and kind of move incrementally from zero to one and then one to two. You build that momentum. So I want you to do the same thing here with your thoughts. So you have your current thought, which you want to get awareness of. Then you want to go to the next believable thought.

So you want to ask yourself. What am I believing now? What do I want to believe? So that's kind of your dream thought out there somewhere in the future where you're this amazing cook. Or in the example of time. If you currently think I never have enough time. You would love to think I have plenty of time.

So you have your starting point and your ending point. Then you ask the question given what I believe now, what are ten potential next believable thoughts that move me from where I am now to where I want to go? So this is sort of like a brainstorm of thoughts. Why I think this is important is

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because your first thought for the next believable thought may not be the one that actually creates the emotion that you want to go to next.

So in the time example. If your current thought is, "I never have enough time," and your dream thought is, "I have so much time. I have plenty of time. I'm never busy." The first next believable thought that your brain comes up with is, "Well, wouldn't it be nice if I had more time?" Right? When I say that, I sort of say it with this underlying belief that it's not possible. So it's okay that that comes up. I want to write that down. But I want to challenge myself to write down nine other potential next believable thoughts and see how they feel. So I want to try them on.

So, for example, another next believable thought might be, "I don't have time right now and that's okay," or, "It's possible I could have time at some point in the future." So we kind of put that believe into the future, which is better than it's not possible at all. We're saying it's not possible now, but it could be possible, right. It's not the most motivating thought that is actually going to get you the results.

So if I practiced the thought, "It's possible I could have more time in the future," that doesn't get me to my destination. But it works because it moves me from the thought, "I don't have time." Right? I don't have time feels very bad to me. But it's possible that I could have more time in the future opens me up and moves me a little bit. This is why it works. It kind of creates this track record that moves you from where you are now just one step forward. So you're meeting yourself where you are and you're moving a little bit forward.

Again, it's not going to be the thought that gets you the result you want, but it's better than practicing the thought that is your dream thought because your brain is really smart. So if you try on your dream thought like, "I'm never busy and I have so much time," and you don't actually believe it, but you practice it, it's not going to work. Your brain is subconsciously thinking, "This isn't true. I know this isn't true." So it really doesn't serve you. What

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will serve you is practicing the next believable thought, which goes into the next step which is to actually practice this.

I find that with a lot of my high achievers, and kind of including myself, we create the next believable thought, and we get really energized and empowered because we've done the work. That's only part of it. The belief doesn't happen to you. So you create the thought, but in order for it to become a belief that you actually live into. So on default, it's the habit. Your brain doesn't go to, "I don't have any time." Your brain goes to, "I could have more time in the future." That becoming the default requires you to practice it.

There are lots of different ways to practice it. You can write it down and post it everywhere in your house on sticky notes. You can put reminders on your phone. You can do anything like putting it on your nightstand or on your mirror. Really remembering to practice it is half of it. It's great to create the thought, but practicing it is just as important. Otherwise, you think the thought, "It's possible I could have time in the future," and you believe it. It feels good to you, true. But then it's over. It doesn't become that thought habit, that belief because you don't practice it.

One way to create next believable thoughts is to add qualifiers to the front or back of sentences that kind of loosen the disbelief and move you into possibility. So I teach the four stages of belief: disbelief, possibility, future confidence, and current belief. I can't. I could. I will. I am. So if you are in total disbelief, like, "I don't have any time." Right? Like you really believe you don't have any time. Or "I can't create X, Y, Z."

I just coached someone who was in disbelief about having kids at age 37 in Grow You. She was really in disbelief. So the next step isn't to jump to that dream thought of, "I am a mom at age 40." The next thought is just to move from disbelief to possibility. So qualifiers can help you do this. So it can go from I can't to I could. Or you can look at other people. Like I know that there are other women who have had kids at age 37 or older. Even though you're not talking about yourself, it opens you up to the possibility that you

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could too because it sends your brain looking for evidence of what you want to believe is true.

So in the time example. If I put qualifiers and I'm in disbelief, I think, "I don't have time." I could put at the end of it, "And that's okay." Right? I don't have time and that's okay. Now, again, that's not going to be the thought that creates the result that you want, but it is going to help you move.

Movement is so important because the path of least resistance is the path you're already on. So if you have a little bit of momentum that moves you from that zero spot to one, you will compound that momentum. That's why I say zero to one is the hardest. After that, you have that momentum that compounds it. So I don't have time, and that's okay. Then it's, "It's possible I could have time in the future." Or "I know that other women like me have more time. So I could too."

So you're kind of adding words of possibility or qualifiers to the beginning or ends of sentences. It's possible that fill in the blank. Whatever it is for you. Or if it's a negative sentence and at the end you just want to add "and that's okay". I find this too often with people beating themselves up a little bit for being negative. So often the thought is not shifting to, "I'm going to be a more positive person." The thought is, "Sometimes I'm negative, and that's okay." Then practicing that thought again is going to move you. With that momentum, you shift into other thoughts.

Now, just like when you're taking action and achieving the goals, depending on you and just your experiences, some goals you may achieve faster than others. So if I think about building a business, that happened pretty quickly for me. When I think about kind of dating and love and getting married, that took a lot more work for me. By work, I just mean coaching and transformation and really shifting my identity and beliefs to what is possible.

So just like that in different areas of achievement, your brain will have a similar experience with shifting your current belief to your dream belief

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based on what you think is possible. So how far in disbelief are you? That's why I love the Abraham Hicks quote, "Nothing takes time. It just takes alignment." So for some people, losing 30 pounds takes six months. For other people, losing 30 pounds takes two to three years, and there's a lot more ups and downs. Same thing with relationships, with money, with anything that you want.

I think that if you truly desire something in your life and that sits in your heart as a goal, as a want, as a desire for your life, you can create it. The time that it takes isn't dependent on time. So the time that it takes is going to vary person to person based on where you're starting from, and how quickly you can shift into alignment. How quickly you can go from disbelief to belief.

If you're not in a rush. If you sort of start from the premise of loving yourself and thinking that you are enough, then it's totally fine if it takes longer. You can truly enjoy the growth process, the transformation process, the coaching, the tools, all of it. I know that I love growth, and I know that most of you listening do as well. So I'm here for it.

Okay, that's what I have for you today. I want you to do this work whether it's just on your own, in *Grow You*. Practice coming up with next believable thoughts, trying them on, really meeting yourself where you are. And just moving that one step forward so that you can shift from disbelief to possibility to future confidence to current belief. It may take four thoughts to do that. It may take one thought. It may take 14 thoughts. Just depending on your neural pathways and how your brain's been wired. But that's okay. It's going to be fun, right. All of this is for fun. That's what I have for you today. I will talk with you next week.

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