



**FOUNDATIONS  
FOR SUCCESS**

**WEEK 1**

# Weeding Out the Old Belief System

[WWW.FOUNDATIONSFORSUCCESS.COM](http://WWW.FOUNDATIONSFORSUCCESS.COM)



**Foundations for Success Inc.  
and Candi Graf**

presents

**“Weeding Out the Old  
Belief System”**

**Part of the FFSH Formula Mentorship Series...  
“Conquering Fear with Knowledge”**

**[WWW.FOUNDATIONSFORSUCCESS.COM](http://WWW.FOUNDATIONSFORSUCCESS.COM)**

MH-008-0306-01 Copyright©2006 Foundations for Success Inc™



# Foreword

## Welcome to The Foundations for Success!

I'm Candi Graf, Founder & President of a mentoring program that was inspired to help struggling visionaries in the real estate community develop the skills required to **Pay Off Your Mortgage and Debts in About ¼ of the Time and Learn How to Make \$\$\$ Buying and Selling Houses**. Through years of tremendous successes and failures, doing over 650 deals, I've been able to compile a system of best practices, contracts, contacts, and procedures that will enable you to walk into almost any situation armed with enough knowledge to make informed decisions and avoid risks.

I'm so pleased to be able to share my system with anyone who has the guts to take the future into their own hands and secure their financial freedom. Our company's motto is "*Conquering Fear with Knowledge*," and there is plenty to fear in this industry if you are not aware of what opportunities you have before you. No two deals that you make will be the same because, when armed with knowledge and a head full of enthusiasm, you will find it fun to look for new directions to apply my proven techniques and **Make Money** doing it!

These techniques are all designed to show you the options you have to make the best deals that you can. Each week I supply my members with a new topic designed to inform and enlighten.

Each topic is presented with an actual deal that I've personally done or a situation that I've faced. This is a people business so always try to remember to treat all of your potential clients with respect, and conduct your business as ethically as you can...happy clients can be your best source of referrals!!!



My biggest lesson in life is to always make sure the life I create comes from MY beliefs and not what others say I should do, and to always ask, "Is what I am creating congruent with who I am as a person?"

What you believe about yourself and your circumstances is far greater than what you know. Have you ever wondered why some people seem to have all the "luck" and others seem to struggle day in day out?

Have you ever looked at your life and wondered, "How the hell did I get here?" "I don't even recognize myself." I have good news for you:

1. You are not alone.
2. It isn't entirely your fault.
3. It can be fixed!

I am going to use the analogy of a garden to paint you a picture:

Imagine, for a minute, that everyone has their own garden and this garden depicts your life.

All our lives, while we are growing up, people and circumstances have been planting their seeds in your garden. Some of these seeds are from beautiful, healthy flowers and depict happy healthy thoughts, experiences, and emotions. Others are just plain weeds; toxic, poisonous plants that choke out all that is good in your garden (life) until there is nothing left but their stinking weeds.

If you're not happy with how your life has turned out, it is because all of your life people have been planting their toxic weed seeds in your garden and, unbeknownst to you, you have been watering, fertilizing and caring for these seedlings until they grew up and are now choking you out.

That is why it isn't entirely your fault. From the day you were born until now, every person and circumstance in your life has been leaving either beautiful flower seeds or choking weed seeds in your garden. If you take a good look at your garden of life, you'll see that all those weeds came from other people. That's good news. Those weeds are the reflection of the beliefs and emotions of your parents, grandparents, relatives, teachers, school kids, bosses, bullies, siblings, and anyone else who has harmed you in some way, whether directly or indirectly.

So here's the cool thing: Weeds can be pulled! Some will come out easily, while others have deep-seated roots that have been overrunning your garden to the point that you can't even remember what your flowers look like anymore. These weeds may take extra strength weed killer to zap their deep roots, but they can all, every one of them, be pulled from your garden.

---

***“Do not go where the path may lead you; go instead, where there is no path and leave a trail.”***

- Ralph Waldo Emerson

---



The only reason these weeds exist is that you didn't know they were toxic and that they didn't belong to you, so you took care of them as if they were your flowers, but they weren't!

Every damaging experience or damaging thing someone has done to you, said to you, or about you is NOT YOU. They are seeds that have blown in from their garden, and some of those people have horrible gardens. The same thing has happened to them over their lifetime (also makes it easier to be forgiving); they let others plant in their garden.

Now, to be fair, I don't necessarily believe that everyone purposely planted these weed seeds in your garden. Some people get so explosive that their seeds burst out and spread everywhere and into every garden within reach. Some people's weed seeds just somehow blew into your garden without them meaning for them to.

***Seeds from weeds are hard to contain, but they can't grow if you don't water them!***

The only way these toxic seeds grow is by owning them and feeding them, or by not pulling them out as soon as you recognize that they are weeds. If someone has planted the seed of shame, or failure, or any other negative thing, the only reason it grew and has overtaken your life is that you believed it was your plant, and therefore you accepted it by caring for it. If you have a weed of guilt or self-doubt or \_\_\_\_\_ (fill in the blank), you saw it sprout up and figured it belonged, so you cared for it.

So if you have a garden filled with crappy weeds and you feel distressed as though life is choking you out, you need to weed your garden and make it look and smell amazing! What grew in your garden until now was not entirely your fault; what grows in your garden from here on out is your responsibility.

Sounds too simplified, I know, but here is what's exciting; when we can visualize these gardens in our mind and align our emotions to them, we can then distance ourselves from them.

**THIS REMOVES THEIR POWER OVER US.**

Knowing that you can physically remove something, like pulling a weed, eliminates the stress associated with dealing with it. It is no longer an ingrained belief; it is merely a weed to pull out. I mean, think of it this way, if you see a weed in your outdoor garden, what do you do? You pull it out. If you missed some of the roots and it tries to grow back, you pull it again or get some weed killer and destroy it for good.

The same thing applies here. So, how do we weed our garden? First, take a good look at your garden. You need to identify all the weeds and flowers to know what needs to go and what can stay. You might even want to make a list of healthy new seeds you want to plant.



On a large, unlined piece of paper (I like to use those easel, poster size, peel-off, post-it notes), draw or write (with coloured crayons, pastels or pencil crayons to make it more real and to evoke emotions in you), all the weeds that you have identified (you will not get them all the first time, some will be hiding under the cover of others). I want you to use colour so that you can illustrate them better.

Notice how some weeds were disguising themselves as beautiful flowers? Next, do the same with the flowers in your garden. If you have had an overrun garden for a while, it may take some time to identify the flowers or to even find them under all the weeds, but they are there and they will bloom and show themselves soon. I promise.

Identify which beliefs and ideas are yours, and which ones came from other people you know or have met over the years who have had such a huge impact on you.

Looking at the picture of the weeds, label them. For instance, one might be called "loser." Another one might be called "pathetic," or "lazy," or "fat," or "lousy with money," or "unreliable," or "abuser," or could be a horrible event... you get the picture.

Now do the same with the flowers. Some might be called "happiness," or "positive," or "great parent," or "great child", or "great friend."

Some might be your kids, spouse, someone you admire, something nice you did for someone, or even a wonderful experience like a first kiss, for example.

*TIP: I like to describe each weed and flower in detail. I say who gave that seed to me, why I may have gotten it, and whether I want to keep it and the reason why, or why not. I keep the pictures of the weeds on a separate paper from the flowers.*

**Good work! You are doing great!**

Now, see that picture with all the weeds? I want you to destroy it! I want you to cut it up, burn it, take it to the pub and throw darts at it. I shot mine with a rifle!

Those things don't belong to you. They are not products of your flowers, nor are they the beliefs of who you know deep down inside, you truly are.

---

***Thank God in  
advance for the  
things you ask for  
and BE the person  
you say you WANT  
to be, "I AM"  
seals it all in.***

---



Beside each flower, write why that flower is so precious to you. Why you would protect it from being attacked ever again. Once you know why you NEED to protect these flowers from weeds or predators (like animals that want to bite the heads off your flowers; your important people, things, thoughts, dreams, beliefs, etc.) you will need to build a gate around them to protect them.

I call this gate my Gatekeeper Policies©, which is the filter that my clients and I use to keep the people and things out of our garden that don't support our ecosystem.

***When Your Garden is in Bloom, You Will Attract the Most Beautiful Birds and Butterflies!***

In other words, you are now ready to attract and keep the life you always wanted and deserve to have!

***Your Life Is The Reflection Of What You Believe.***

---

***If You Don't Like What You See,***

---

***Change What You Believe.***

---



# Disclaimer

The information contained within these pages, or any courses or updates given in relation thereto, is sold, or otherwise provided, on the understanding that Candice Graf, Foundations For Success Inc., and their employees, are not responsible for any results or results of any actions taken in reliance upon any information contained in this report, or conveyed by way of the said seminars, nor for any errors contained therein or presented thereat or omissions in relation thereto. It is further understood that the said authors and instructors do not purport to render legal, accounting, tax, investment, financial planning or other professional advice. The said author and instructors hereby disclaim all and any liability to any person, whether a purchaser of this report, a student of the said seminars, or otherwise, arising in respect of this report, or the said seminars, and of the consequences of anything done or purported to be done by any such person in reliance, whether in whole or part, upon the whole or any part of the contents of this report or the said seminars. If legal, accounting, tax, investment, financial planning or other professional advice or assistance is required; the services of a competent professional person should be sought.

All Rights Reserved. No part of the report may be reproduced, or stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, and recording or otherwise without the prior written permission of the publisher.

Contracts used by Candice Graf were designed for her and meant for you to use as a generic example. Check with your local regulatory board to see if the supplied examples are suitable for your location and personal applications.