



Foundations Workbook: The Genesis System for Self-Improvement

F. Russell Crites Jr.

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In this system there are two core beliefs that are foundational in the development of a healthy self. First, it is important that you learn to control what you mind is thinking. If you let you mind 'run amuck' it can cause you no end of problems. Anxiety that spirals out of control, depression, a lack of focus and much more occurs when you let your mind think what it wants when it wants to. With this in mind it is important that you learn to choose what you think. It is also important that you learn how to stop unwanted thinking that is so damaging. Second, it is important that you 'reprogram' your unconscious mind. All of those unwanted dysfunctional beliefs or images that are firmly embedded in your mind determine what you think, say and do each day of your life. You need to place new, healthy beliefs, images, etc. in your mind in order to change your life in a positive way. When that occurs you will have a new 'go to' when you think, act, respond to day-to-day events. In addition, four aspects of self are also discussed. These four aspects of self must be healthy if you are to live a full, happy life. The following is a list of some of the areas covered in this workbook. • Taking Your Mind Back • Change from Within • Visualizing Your Sanctuary • Meeting Your Guide • Going to the Movies • Your Mental Self • Your Social Self • Your Physical Self • Your Spiritual/Moral Self • Identifying the Ideal You Let the Journey Begin!

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