

Success Journal



THE SUCCESS CODES™

Unlocking the Cellular Secrets of Success

by

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Table of Contents

Finding a Category to Work In	1
Personal Tracking Forms	5
Life Change and Celebration Form	29



Finding a Category to Work In

After you have identified the block to success that you want to clear, you can use this section to choose a category to work in.

You can look for the negative issue that you want to remove or the positive trait that you want to use to replace it. The best category will contain at least one positive emotion, action or belief that is close to being the opposite of what you identified as a block to your success.

Forgiveness:

- Forgiving myself; forgiving others; forgiving God
- Accepting forgiveness from others and from God
- Choosing to think about and focus on the best in myself and others

- Not taking offense
- Not being harsh
- Not judging unnecessarily
- Not being bitter
- Not being resentful

Healthy Actions:

- Choosing to imagine, think about and do things that are rooted in truth, love, and consistent with your calling in life.
- Choosing to turn off or heal images that are rooted in selfishness or deception, and are love substitutes that achieve only temporary positive feelings.
- Giving truth and love priority in your heart over your 5 senses.
- Giving people priority in your heart over stuff.
- Being content to be and be seen as who you truly are.
- Living with joyous abandon, given to love, truth, and your calling in life.

- Not gratifying myself with pleasing my senses.
- Not gratifying myself with accumulating possessions.
- Not gratifying myself with presenting a false image to others.
- Not protecting myself from pain by avoiding close relationships.
- Not protecting myself from pain by avoiding uncomfortable situations.



Finding a Category to Work In

Transforming Beliefs:

- **Love:** I am loveable, significant, and whole.
- **Joy:** I am a person of worth regardless of any circumstances. I have unbounded hope for the future.
- **Peace:** Wonderful things are in store for me. My future is not tied to the past – I am free. I am ALWAYS OK.
- **Patience:** Even though I am always learning, growing and getting better, I am satisfied and content right now.
- **Kindness:** I love everyone. Everyone is different, but all have worth and value. I want more truth and love relationships.
- **Goodness:** I am good, forgiven, clean, and built for love.
- **Trust:** I will receive all good things by surrendering to love and truth. I can lay down control. Life is not always fair – fairness is overrated – I want love.
- **Humility:** I don't have to try to be someone I'm not in order to be loved. I will believe and live the truth of who I am.
- **Self-Control:** I am capable. I can do it. I don't have to get others to do it for me. I have a say over my life.

Limiting Beliefs:

- **Love:** I am unlovable. I am insignificant. I am flawed.
- **Joy:** I am hopeless. I am worthless. Life is hopeless.
- **Peace:** Something bad will happen. The future will be like the past. I'm not OK.
- **Patience:** Something must change right now for me to be OK.
- **Kindness:** People will take advantage of me. People are too sensitive.
- **Goodness:** I am bad. I am not good enough. I am unforgivable.
- **Trust:** People are out to get me. I must be in control. It's not fair.
- **Humility:** People must think well of me for me to be OK.
- **Self-Control:** I can't do it. I am not capable. Others should do it for me. It's not fair.

Love

- **Positive Experiences:** Forgiveness, significance, Compassion, empathy
- **Healthy Actions:** Loving myself and others. Being committed to the truth.
- **Transforming Beliefs:** I am lovable. I am significant. I am whole.

- **Negative Experiences:** Unforgiveness, insignificance, resentment
- **Damaging Action:** Selfishness
- **Limiting Beliefs:** I am unlovable. I am insignificant. I am flawed.

Finding a Category to Work In

Joy

- **Positive Experiences:** Happiness, excitement, exhilaration, confidence, strength, wholeness, self-worth
- **Healthy Actions:** Being motivated by truth and love in everything I do. Believing in my power to start each day anew.
- **Transforming Beliefs:** I am a person of worth regardless of any circumstances. I have unbounded hope for the future.
- **Negative Experiences:** Sadness, depression; feeling inferior, worthless, flawed
- **Limiting Beliefs:** I am hopeless. I am worthless. Life is hopeless.

Peace

- **Positive Experiences:** An indescribable feeling that “all is OK.” Restfulness.
- **Healthy Actions:** Seeking win/win situations in my relationships. Focusing on good things related to the future.
- **Transforming Beliefs:** Wonderful things are in store for me. My future is not tied to the past – I am free. I am ALWAYS OK.
- **Negative Experiences:** Anxiety, worry
- **Limiting Beliefs:** Something bad will happen. The future will be like the past. I’m not OK.

Patience

- **Positive Experiences:** Contentment, satisfaction, security.
- **Healthy Actions:** Content to wait for something better. Waiting in peace.
- **Transforming Beliefs:** Even though I am always learning, growing and getting better, I am satisfied and content right now.
- **Negative Experiences:** Impatience, anger, frustration, insecurity, desire for love substitutes
- **Limiting Belief:** Something must change right now for me to be OK.

Kindness

- **Positive Experiences:** Total and unconditional acceptance of myself and others.
- **Healthy Actions:** A smiling face.
- **Transforming Beliefs:** I love everyone. Everyone is different, but all have worth and value. I want more truth and love relationships.
- **Negative Experiences:** Rejection, hurt, fear

Finding a Category to Work In

- **Limiting Beliefs:** People will take advantage of me. People are too sensitive.

Finding a Category to Work In

Goodness

- **Positive Experiences:** Thankfulness and gratitude.
- **Healthy Actions:** Looking for the good – always!
- **Transforming Beliefs:** I am good, forgiven, clean, and built for love.

- **Negative Experiences:** Fear, shame
- **Limiting Beliefs:** I am bad. I am not good enough. I am unforgivable.

Trust and Faith

- **Positive Experiences:** Faith in the past. Trust in the present. Hope in the future.
- **Healthy Actions:** Believing in truth and love always. Being non-judgmental.
- **Transforming Beliefs:** I will receive all good things by surrendering to love and truth. I can lay down control. Life is not always fair – fairness is overrated – I want love.

- **Negative Experiences:** Distrust, being judgmental
- **Damaging Action:** Attempts to pull others down.
- **Limiting Beliefs:** People are out to get me. I must be in control. It's not fair.

Humility

- **Positive Experiences:** My identity of myself and others – believing the truth about myself. This allows me to love.
- **Healthy Actions:** Loving people and seeking the truth. What other people do is their business.
- **Transforming Beliefs:** I don't have to try to be someone I'm not in order to be loved. I will believe and live the truth of who I am.

- **Negative Experiences:** Guilt, shame, wrongful pride
- **Damaging Action:** Taking whatever means are necessary to get people to think well of me (manipulation)
- **Limiting Belief:** People must think well of me for me to be OK.

Self-Control

- **Positive Experience:** Quiet confidence.
- **Healthy Actions:** Positive actions empowered by truth and love and my calling in life.
- **Transforming Beliefs:** I am capable. I can do it. I don't have to get others to do it for me. I have a say over my life.

- **Negative Experiences:** Laziness, entitlement, helplessness
- **Damaging Actions:** Manipulation, deceit, giving up

Finding a Category to Work In

- **Limiting Beliefs:** I can't do it. I'm not capable. Others should do it for me. It's not fair.

Forgiveness

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Forgiveness	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Healthy Actions

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Healthy Actions	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Transforming Beliefs

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Transforming Beliefs	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Love

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Love	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Joy

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Joy	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS (use all 5 senses to create your dreams)
			Pre- Code	Post Code	

Peace

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Peace	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Patience

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Patience	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Kindness

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Kindness	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS (use all 5 senses to create your dreams)
			Pre- Code	Post Code	

Goodness

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Goodness	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Trust

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Trust	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Humility

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Humility	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	

Self-Control

THE SUCCESS CODES

PERSONAL TRACKING FORM

Date	(1) SUCCESS BLOCK Self-Control	(2) SUCCESS GOAL Define Specific Outcomes Or Achievements	(2a) BELIEF RATING 0 - 10		(2b) FEELINGS & DETAILS <i>(use all 5 senses to create your dreams)</i>
			Pre- Code	Post Code	



Life Change and Success Celebration Form

Instructions: Look back over your work sheets and note on this page the progress you've made up to this point. Take a moment to personally celebrate your accomplishments. You may even want to celebrate your successes with others. You are to be commended for your diligence and effort in creating a more delightful life.

What changes are you noticing in your life?

When you think of the issues you worked on in the 12-Day Success Launch (from your Personal Tracking Forms), what are your thoughts?



In summary, what is the most significant change you are noticing in your life now?

Your additional thoughts and comments:
