

ARE YOU LIVING FROM CONDITIONING?

10 Questions to Reveal the Patterns Running Your Life

A Magnetic Mind Self-Reflection Guide

Most of us believe we are freely choosing how we think, feel and behave.

But how much of what we call “choice” is actually conditioning?

The beliefs we inherited.

The roles we learned to play.

The behaviours we developed to be accepted, safe, successful or loved.

This guide is an invitation to pause—not to judge yourself, but to become curious about what may be operating beneath your conscious choices.

There are no right or wrong answers. Your honesty is the only requirement.

REFLECT

1. What part of your life keeps repeating itself, even though you consciously want it to change?

2. When you react strongly to something, what might be underneath the reaction?

3. Which behaviours do you continue because they make you feel safe, accepted, successful or needed?

4. Whose approval are you still unconsciously trying to earn?

5. What did you learn about yourself as a child that you still treat as truth today?

6. Where in your life are you saying “I have to” when, in reality, you are choosing to?

7. What version of yourself have you created in order to be loved, respected, successful or accepted?

8. If nobody could judge, reject or criticise you, what would you choose differently?

9. Which belief about yourself would you have to question if you wanted to become truly free?

10. If you stopped allowing your past to decide who you are today, who would you choose to become?

MAGNETIC MIND REFLECTION

Awareness is the beginning of transformation.

You do not have to change anything today.

First, simply notice.

What did your answers reveal about the person you have been conditioned to be?

And what becomes possible when you realise that conditioning is not your identity?

— Dr. Mary Gandhi
Creator and author of Magnetic Mind Methods

Awareness first. Transformation next. Evolution naturally.