

REPLACING LIMITING BELIEFS WITH EMPOWERING ONES

Use the worksheet from Pillar 3 - Limiting Beliefs- to choose the most problematic core beliefs

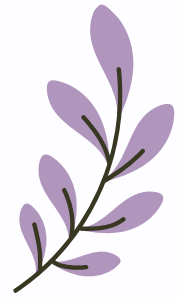
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What beliefs would you like to have instead? Find a concise description



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Which processes did you use to replace the limiting or negative beliefs with empowering ones?



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Which other processes would you like to use for this type of inner work?



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