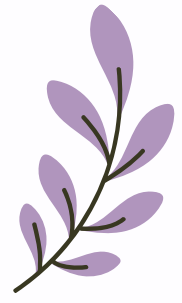




BLOCKS & LIMITING BELIEFS



Use the "Belief Self Evaluation" document to do a brain dump (Step 1 of the document)

-
- Find examples for the most important areas of your life in the "Common Limiting Beliefs" document
 - Choose examples that resonate with you **for your area of focus** that's important to your vision from pillar 1
 - Add your own!



BLOCKS & LIMITING BELIEFS



During class, let's look at those beliefs more closely: which are most impactful?
(Step 2 in the document)



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BLOCKS & LIMITING BELIEFS



Finally: choose the *one* belief you want to work on and find its *source...* and the reason *why*

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