***Beliefs & Conclusions***

Please reflect on the self-limiting or negative beliefs you likely hold that are keeping you stuck or holding you back in your {7} life areas. Write them under the appropriate area below. Then write an opposite for each (you don’t have to believe it).

*Self-Love:*Example- I’m not good enough, never do enough vs. I am always enough just being

*Health:*Example- I’ll never heal or get better vs. I am healing more every day

*Spirituality:*Example- I have to do it alone vs. I am always guided and supported

*Love/Relationships:*Example- I’m not worthy of time, love, support vs. I’m receiving all the love, time & support I desire

*Passions:*Example- I don’t have time vs. It’s necessary to make time for my passions

*Purpose:*Example- I can’t do what I love and make lots of money vs. I do what I love & receive money with ease

*Money/Material:*Example- I have to work hard to make ends meet vs. I am easily receiving an abundance of money