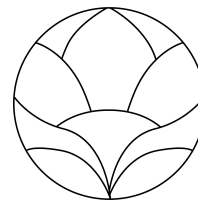


Belief Hunting



Beliefs are made up assumptions of truth, formed over time, most often unconsciously.

Generally, they are geared towards holding us back and keeping us safe and small...

By discovering what your beliefs are you can become aware of any that are holding you back from creating the results you are looking for.

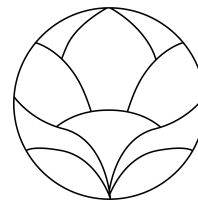
Complete these sentences – continuing to write for as long as possible without filtering what you write, or writing what you think you 'should' write. Just do a complete brain dump and then reflect back on what you have written to see any themes that come up, or any beliefs that might be holding you back.

I am... _____

I always... _____

I never... _____

Belief Hunting



Money is... _____

Happiness is... _____

Choose any other subjects that you would like to explore for yourself:

_____ is... _____

_____ is... _____

_____ is... _____

If you have any questions once you have completed this, please feel welcome to contact me on Shandra@thetransitlounge.com to let me know how you went and to look at how you can go about creating new beliefs that will serve, support and challenge you to keep growing in the direction you want to grow.

Happy hunting!

Shandra