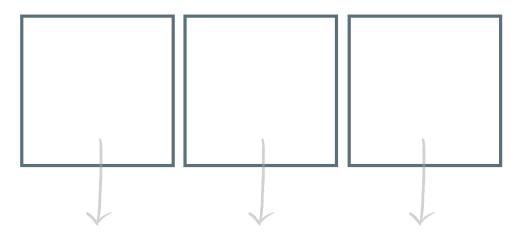
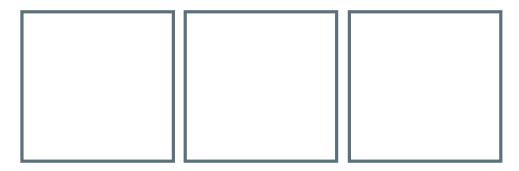
IDENTIFY:

3 SELF LIMITING BELIEFS I EXPERIENCE.



CHOOSE:

3 UPGRADED BELIEFS TO TAKE THEIR PLACE.



EXTRACT:

3 EXPERIENCES THAT SUPPORT MY UPGRADED BELIEFS.

1.	

2. _____

3. —

DETERMINE:

ONE EXPERIENCE I CAN CREATE IN THE NEXT WEEK TO BUILD EVIDENCE FOR MY UPGRADED BELIEFS.