

IDENTIFY:

3 SELF LIMITING BELIEFS I EXPERIENCE.

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Three empty boxes arranged horizontally, each with a downward-pointing arrow below it, indicating a space to identify self-limiting beliefs.

CHOOSE:

3 UPGRADED BELIEFS TO TAKE THEIR PLACE.

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Three empty boxes arranged horizontally, indicating a space to choose upgraded beliefs.

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.

A large empty rectangular box for writing the experience to build evidence for upgraded beliefs.