

SELF LOVE

SCHOOL SOPHOMORE

WEEK 2 WORKBOOK

Look at your list from last week. List out the fears + doubts and negative thoughts that come up when you look at your list (or think of the things you didn't write down because they seem impossible) These are your limiting beliefs.

Trace these thoughts + beliefs back to where they came from? Who's beliefs are they really? Who taught you or told you that? This isn't to blame other people. We are just getting to the root of the beliefs.

Step 3: Prove these thoughts untrue. Is there one person on the planet who has your circumstances but overcame them? If you can say yes then something else is possible. Is it the ultimate truth? Probably not..

Is there a way to see this differently? (Ask God/Spirit/Source to help you see this differently)
