

# The Limitless You

## Meditation Pack

Retuning Your Beliefs:  
4 Multi-Sensory Meditations For A More Confident & Empowered You



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## *Module 1*

### **Barriers removed**

#### **The Science of Limiting Beliefs**

Up to the age of 6yrs we are predominantly in \_\_\_\_\_

Our thoughts and observationst are stored in our \_\_\_\_\_

These thoughts travel along \_\_\_\_\_ in our brains

\_\_\_\_\_ is the key to creating new \_\_\_\_\_

Our subconscious mind can process \_\_\_\_\_

## *Notes*

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*Awareness of My Limiting Beliefs*

The life area I am focusing on for this exercise is \_\_\_\_\_

Describe your family dynamic around this \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How did your mother act and think about this?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How did you father act and think about this?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your earliest memory of this? What happened?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How did this make you feel?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are your 5 most limiting thoughts around this?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are your 5 most limiting behaviors around this?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# *I Choose to Release My Limiting Beliefs and Behaviors*

Complete this page after the 'Rising Above Your Limiting Beliefs' visualization

1.

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2.

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3.

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4.

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5.

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## Module 2

## Tap into your power

What are 3 positive attributes, opinions, behaviors you adopted because of this childhood situation that started your Limiting Belief?

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## Note of Gratitude to your Family

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## *Take Your Power Back Exercise*



What are you not happy with in your life?

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Why is this happening?

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Who are you blaming outside of yourself?

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What is your contribution to this situation?

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If you approach this situation from a place of love what will you do differently?

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## *Take Your Power Back Exercise*



Complete these questions after the 'Clear and Release' visualization

Who am I?

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The true me is...

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What I love about myself...

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Write 5 things you will do to create a daily connection to YOU.

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## *Module 3*

### **The power of WHY**

#### **Connection to Source**

The daily methods I can use to connect with source

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My question for my spirit guide is: \_\_\_\_\_

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Complete this section after the 'Spirit Guide' visualization

The answer I received is:

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## Module 4

### Making the change

#### Integration – New Behavior

#### *New Daily Plan*

Morning

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During the Day

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Evening

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## *New Daily Plan*

### *My New Commitment to How I Show Up*

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Signed \_\_\_\_\_ Date \_\_\_\_\_

### *My Intention*

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Signed \_\_\_\_\_ Date \_\_\_\_\_

## *What will you do?*

You call your mum on the phone and straight away she starts pushing your buttons like only she can. What do you do?

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You have coffee with a friend who starts to complain about things like they always do. What do you do?

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You feel great after this course and tell your partner about all the wonderful things you learned here because you want them to share in the love too. They ask if you've joined a cult. What do you do?

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## *What will you do?*

It's only Tuesday and you're already feeling overwhelmed with everything you have to complete. What do you do?

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You're having a bad day, everything is going wrong. You promised yourself you would stick to your healthy eating plan today but you give in and have a huge slice of cake with your afternoon coffee. What do you do?

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## Resources Recommendations

[illegible]

NOTES

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