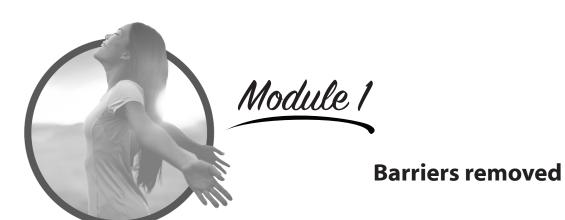
# The Limitless You

### Meditation Pack

Retuning Your Beliefs:

4 Multi-Sensory Meditations For A More Confident & Empowered You





#### 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

# Awareness of My Limiting Beliefs The life area Lam focusing on for this exercise is

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.	
2.	
3.	
4.	
5.	



## Module 2

#### **Tap into your power**

Vhat are 3 positive attributes, opinions, behaviors you adopted because of a ituation that started your Limiting Belief?	this childhood
Note of Gratitude to your Family	

### Take Your Power Back Exercise

What are you not happy with in your life?
Why is this happening?
Who are you blaming outside of yourself?
What is your contribution to this situation?
If you approach this situation from a place of love what will you do differently?

### Take Your Power Back Exercise

Complete these questions after the 'Clear and Release' visualization
Who am I?
The true me is
What I love about myself
Write 5 things you will do to create a daily connection to YOU.



# Module 3

### The power of WHY

#### **Connection to Source**

The daily methods I can use to connect with source
My question for my spirit guide is:

Complete this section after the 'Spirit Guide' visualization		
The answer I received is:		



## Module 4

### Making the change

#### Integration – New Behavior

New	Daily	Plan
_		

Morning			
During the Day			
Evening			



My New Commit	tment to How I Show Up	
Signed	Date	
My Intention		
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?
You have coffee with a friend who starts to complain about things like they always do. What do you do?
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?

## What will you do?

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

### Resources Recommendations

## NOTES