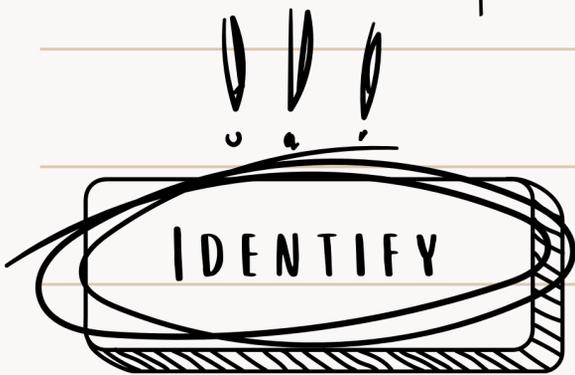


Day 1: The Root of the Story

Exposing your old story & discovering your worth!



Every limiting belief has a beginning. We have to look at the story we've been telling ourselves and ask - Is this the truth, or just a story I was told?

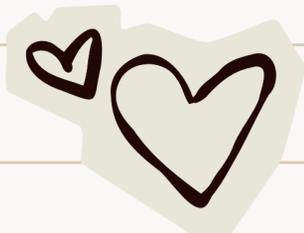


- **DIG DEEP** Think about the area of your life where you feel the most "stuck." What is the one sentence that repeats in your mind there?
- **FIND THE ORIGIN** Notice if that voice sounds like you, or if it's an echo of someone else's expectations.



The word "should" is your trigger word for finding other people's beliefs. When you come across something that you feel that you should be doing - assess the belief. Ask who said it first - if it wasn't you, then ask who said it & does it align with your beliefs.

- **LIST 3 "SHOULD" STATEMENTS**



- **WHO SAID IT?**

- **DOES IT ALIGN WITH MY BELIEFS?**

YES / NO

YES / NO

YES / NO



Now it's time to think about flipping the narrative. Remember you are not "broken" because of your limiting beliefs - you are resilient for getting this far! Look at the should statement above & identify the pattern. Write which core belief is being challenged here?

