COURSE 1

Me, Myself, & I: Mastering My Choices to My Best Self

Lesson 5

Beliefs:

How empowered can I live?

LOVE YOUR LIFE
UNIVERSITY

W O R K B O O K

CHOICE → BELIEFS : How empowered can I live?

TOOL → Lines + Chair/Stool

MANTRA → When I **empower** my beliefs, a limitless life I'll achieve.

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BELIEFS:
How empowered can I live?

🕐 2:30   "We work smarter _____ harder."

🕐 2:58   "We have a lot of beliefs inside of us. And these beliefs are so _____ inside of us."

🕐 5:37   What is a belief?

- _____ that a person accepts as true.

Insights, ideas, and notes…

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BELIEFS:
How empowered can I live?

🕐 10:06   "Limiting beliefs: any _____ that disempowers us and as a result, restricts our life and makes us play incredibly lower than our true potential."

🕐 12:00   Limiting beliefs might come from (check all you have experienced in your life):

☐ teacher   ☐ parents   ☐ friends   ☐ experiences

Insights, ideas, and notes…

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BELIEFS:
How empowered can I live?

🕐 16:20 In the baby elephant story example, we learned that the baby elephant has been conditioned not to use its _____ + _____ .

_____

🕐 17:40 How do we expand our "lane?" >>> "We change our limiting beliefs into _____ beliefs."

Insights, ideas, and notes…

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BELIEFS:
How empowered can I live?

The two mindsets are:

G _____ mindset

F _____ mindset

4 C's (This tool is taught in the "Pause + Practice.")

1) **Catch** your limiting beliefs

2) **Challenge** your limiting beliefs

3) **Change** your limiting beliefs

4) **Create** empowering beliefs
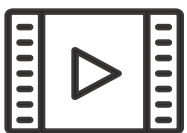
Insights, ideas, and notes…

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WHAT'S NEXT?...

☐ Complete the "Pause & Practice" page.

Lesson 6: Momentum: What direction do I go in next?

☐ Print the lesson workbook.

☐ Begin when you are ready!

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