

# REWRITING MY BELIEFS

*release what no longer serves you*

WHAT BELIEFS DO I HAVE THAT COULD BE HOLDING ME BACK?

HOW CAN I REWRITE THOSE BELIEFS TO SUPPORT MY GROWTH & JOURNEY?

Save these new beliefs in your phone and read them daily as positive affirmations.

WHAT DO I NEED TO LET GO OF IN ORDER TO TRULY FLOURISH IN MY DREAM LIFE?