

**IGNITE
YOUR SOUL
WITH
BELIEF!**



Annihilating Limiting Beliefs

Creating Absolute Certainty About Who You Are & What You Bring to the World

"Every thought, every reverberation you create on the level of the mind changes the chemistry in your body."

~ Sadhguru

APPRECIATION, GRATITUDE, AND PURPOSE

The secret to **reaching your potential** lies in establishing a strong foundation of **self-awareness & self-belief**. Write 3 things you **appreciate about yourself**, 3 things you are **grateful** for, and answer: "**Who** am I? **Why** am I here? What is my **gift**?"

AWARENESS OF LIMITING BELIEFS

Self-confidence is **critical** to our success. Yet, we all face a **voice of opposition** to believing in ourselves. Write one or two **limiting beliefs** you hear when your **negative self-talk** gets handed **control** in your head.

ANNIHILATING YOUR LIMITING BELIEFS

People **trust** your sense of **absolute certainty**. Forge an **identity** that will **succeed** no matter what - exercise the **muscle** of **will**. Write a statement that **reverses** your limiting belief(s) & **ignites** your **soul**! Add an "**UN-word**" from the list below for **emphasis**.

Add an "UN-word" for emphasis

Unafraid, **Un**apologetic, **Un**ashamed, **Un**beatable, **Un**breakable, **Un**chained, **Un**changing, **Un**common, **Un**conquerable, **Un**deterred, **Un**disguised, **Un**forgettable, **Un**imaginable, **Un**inhibited, **Un**leashed, **Un**real, **Un**shakable, **Un**stoppable, **Un**tethered, **Un**wavering