



BELIEFS & EMOTIONS EVENT QUESTIONS

For some of our exercises we will need you to recall experiences and uncover emotions we'll be working with during your practitioner certification course.

If you will, please answer these few questions as best as possible!
Take plenty of time recalling the answers necessary...

1. Go back in your past and rewind your life's video tape and write down 3 DIFFERENT SPECIFIC times when you felt totally confident!
2. What would be one NEGATIVE emotion you'd like to collapse?
3. Write down one disempowering BELIEF you'd like to eliminate and replace with a more empowering belief! Name the new empowering belief you like to have instead?
4. What is the ONE THING that you desire most but are apprehensive or even afraid to go after?
5. Strange questions here... "how will you KNOW when you get it?"
What will you see, hear and feel around you to let you know you achieved it?
6. What do you believe is stopping you from getting it... BE HONEST!
7. What ONE major risk are you not taking, which when you do will open the door to the things you value most in your life?