My Limiting Beliefs

Your assignment, if you choose to accept it, is to witness and record the LB's that infiltrate your thoughts on the daily.

Take this sheet with you, and as you notice one of those beliefs running your show ("I'd love to travel more, I just don't have the time and money….") write that sucker down! Then, each night, take a few minutes to read each of the limiting beliefs out loud, and tell them, kindly but forcefully:

" Thank you, but I am capable of creating my own dream."

Finally, end the day in your personal development space. Using this week's intention (handlettered by the wonderful *@clemenscript*), spend two to three minutes, focusing on both your breathing, as well as the intention in the frame this week.

"I am the dreamer of my own dream."

If you feel comfortable, hop back on siliconvalleywife.net or this week's Youtube video, and comment what LB's seem to have commandeered your time on this planet.