



## **UNMASKING LIMITATIONS**

Limiting Subconscious beliefs

Make a list of positive and negative characteristics and beliefs from caregivers in your life up to the age of 15. Parents, siblings, relatives etc. Use words and phrases.

Cover off on each area ~ Money, health and well-being, relationships and career.

## **WRITING A LETTER TO MONEY**

Without thinking about it you are going to write a letter to money. As though money is your friend, and you are writing about your relationship. eg Dear money.....write whatever comes to you.

Once written, put it to one side and then read it the next day. This will speak to you about your past and current relationship with money. Very revealing.

## **LIFE SCRIPTING**

Life scripting is about crafting your future life.

You will need to cover off on each area, Money, health and well-being, relationships and career.

Place a date on the top of the page. Write as though you are writing to a friend about your life. Be as detailed and descriptive as you can. Colours, smells and how things feel. The more detailed the more powerful.

Once written put it aside and come back to it a day later to read. The idea is assess how you feel about what you are reading, is the language vague, have you rushed over some areas, or have you used some limiting words?

Your life script needs to feel powerful and trigger a feeling deep within you. If you need to rewrite then do, the finished script must make you smile and feel the potential.