



UPPER LIMITS

When the old belief clashes with the positive feelings you are currently experiencing, one of them has to give.

Before asking the questions do the hand on heart breathing aligning with the words, I AM truth.

REFLECTIVE QUESTIONS

Name them to claim them.

What are the limitations that I buy into? Eg life is meant to be hard.

If I have already changed from where I started, can I continue to change?

Am I willing to increase the amount of time every day that I feel good?

Am I willing to increase the amount of time my whole life goes well?

Am I willing to feel good and have my life go well all the time?

POWER QUESTIONS

Trying out the old is only demonstrating to me where I have placed my limitations.

How am I getting in my own way?

What events do I create to contract from the joy?

What emotional reactivity do I create to contract from joy?

What percentage of success and joy do I allow, compared to struggle and self-worth?

How much abundance, love, success, and creativity will I allow myself?

How does it feel to make the choice, take the action, and have your word as your bond?

How am I being changed by being honest and bringing understanding and insight into my life right now?