



***** OWN YOUR INNER POWER *****

Magic Formula

10 _____ steps x 0% _____ alignment = 0 result

1 action _____ x 100% inner _____ = 1 result

✚ Why do you believe you don't already have the "final" success in your career/business?

✚ What meaning do you give it?

AGAIN: ... The meaning you give an event is the belief that attracted it.

✚ How could that meaning have CAUSED your current situation in the first place?

✚ What is stopping or slowing you down?

✚ What are your most common inner challenges?



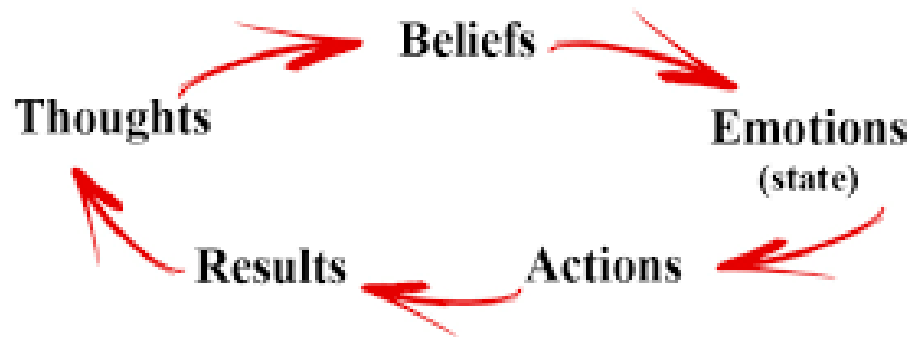
Most Common INNER LIMITING BELIEFS

As we go through the list of the most common inner limiting beliefs, find out which one resonates with you by giving each of them a ranking on a scale from 1 to 10 (10 being the strongest). Write down your thoughts if you feel compelled or if the intensity of your belief is 5 or above.

Optional: Add your limiting belief(s) at the end if you notice something different or new coming up.

NB: You are asking your *unconscious* mind if you have that limiting belief; it is thus important that you write *the first number* that pops into your mind.

| STATEMENT | SCORE |
|--|-------|
| 1. I'm afraid if I try, I'll fail or disappoint someone I _____. | |
| 2. I'm not smart _____. | |
| 3. There's not enough room for me to _____, others will lose or be deprived. | |
| 4. I'm not _____ of investing in. | |
| 5. There's not enough _____. | |
| 6. I'm all _____ in this. | |
| 7. I have to work _____ and be willing to sacrifice to make a lot of money. | |
| 8. I'll never get what I want _____. | |
| 9. I need to have _____ in place before I can _____. | |
| 10. I'm too _____ to change my career or start a business. | |



- **Lack of decision** means that you have – consciously or subconsciously “decided” not to make a decision.
- **Inaction** is also a type of action.
- The direct “consequence” of making a decision – or not – is action and then results, or inaction and LACK of results.



→ At which level do you encounter most challenges?

→ How can you reverse engineer that to improve your experience?



Action Steps:

1. This week become aware of your thoughts, beliefs, and feelings/emotions. Jot them down every time something comes up, even if you think it may not make sense.

THOUGHTS:

BELIEFS:

FEELINGS/EMOTIONS:

2. Create ONE new affirmation about yourself and your identity.
Start with "I AM" and repeat min. 5-6x every day.
Optional: Use lofty questions = why am I xyz?

→ What are your main ahas from this week's topic on inner power?