

Prepare, Adapt and Overcome

Lesson 3 - Handouts

1. Write down any that are lurking in the back of your mind and sabotaging your success... whether it makes sense or not.

2. Go over your list and write down the
in your life for having those beliefs.

3. Go over your list and pick up one
that you are ready and eager to clear.

4. Write down a new that you wish to integrate.

5. Write down a belief that you ONCE had and

6. Write down a belief that you have today which

7. Go over your list and pick up the
that you are ready and eager to clear.