

UNLIMITED SUMMER SERIES

What Are Your Limiting Beliefs

What do you want? What is that thing you've been dreaming about?

What are the scripts... the stories you hear in your head that keeps you from getting what you want? (Usually includes words like "I can't" or "I shouldn't") Be as specific as possible.

Who first gave you those limits? When did you first hear the limiting language?

UNLIMITED SUMMER SERIES

Author Of Your Life—A Hero’s Story

Write down real-life positive experiences that makes your story sound like a heroic journey.
