

UNLIMITED SUMMER SERIES

# BELIEFS, BEHAVIORS, BENEFITS

## GOAL/TARGET

What do you want? (Keep writing it down daily until it sticks)

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## BELIEFS

What limiting belief is currently keeping me from getting what I want?

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## BEHAVIORS

What do I do, or don't do, because I have this limiting belief?

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## BENEFITS

How does holding onto this limiting belief keep me safe? How does it benefit me?

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# NEW BELIEFS, BEHAVIORS, BENEFITS

## NEW, BETTER BELIEFS

Instead of the old, limiting belief, what positive, replacement belief would I like to have instead?

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## NEW, BETTER BEHAVIORS

What new thing do you want or need to try but find yourself scared, worried, or freaked out?

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## NEW, BETTER BENEFITS

If you were guaranteed to be able do this new behavior tomorrow, how would it change your life?

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**FINDING THE GUIDE**

The very first step when trying something new is finding someone who is better at it than you. They're called The Guide.

Who is going to be your Guide?

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

When will you get together with Guide?

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\_\_\_\_\_

What questions do you have for your Guide?

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# THE GUIDE GUIDELINES

1. **You Never Laugh At Anyone's Dream**—It's a big risk to put a dream out for everyone to see it. We may not understand someone else's dream, but we can always assume it's important for a reason.
2. **Mistakes Are Normal**—No one gets anything right the first time. The #1 one to sabotage yourself is to expect to be good straight out of the gate.
3. **Fear Is Expected**—"People grow best when they're safe but uncomfortable." Give your brain, your heart, and your body time to adjust. In the meantime, you will feel uncomfortable. Remember, uncomfortable does not always mean dangerous.
4. **Direction And Correction Is Encouraged**—The guide is supposed to gently and kindly point out things you need to adjust to stay on course. Even though it's easy to take things personally, remember that your Guide has your best interest in mind.
5. **Questions Are Beneficial**—No one expects you to know what you don't know. The only way to learn is to ask. Admit quickly when you don't know what to do and ask clarifying questions until you're confident you understand.
6. **Relationship With A Purpose**—Your Guide will only be with you for a season. They are here to help you get to the next stage. When you've reached that stage, it's appropriate for them to step out of your life to make way for the next Guide.

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# Expressing Gratitude To Your Limiting Belief

Because limiting beliefs ALWAYS have the positive intent of keeping you safe, it's most appropriate to be grateful to the messages instead of continually waging war against yourself.

Write a brief statement of appreciation and closure to the old voices thanking them for their efforts and let them know their services are no longer needed.

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