

(b) Now, for the big stretch... consider the possibility that you have column two all wrong. What if there are other ways – better ways – that your desires could be met and you’ve never even considered them? What belief or beliefs would need to change or disappear altogether in order to make your desires a reality? Take heart, these are your limiting beliefs! Now, create your own “box of limiting beliefs,” using the template below. Write your name, draw, or paste, a picture of yourself inside the box. (Don’t worry – you’ll have the tools to break out of the box by the end of this book).

