

Phase 2:

Uncovering & Shifting Limiting Beliefs

There are 2 main reasons you do not have what you are asking for yet:

1. You have a limiting belief system blocking you
2. You have not embodied the person who would have what you are asking for long enough to line up with it yet

Look at your manifestation list, and ask yourself to identify the reasons you give yourself as to why you don't have them yet and write them out below:

Example: I want to manifest a new car

Reasons Why: Not enough money, not worthy of having it, etc.

Think about what it will take for you to release this dialogue.

Who will you need to become in order to be a vibrational match for what you want?

What thoughts or beliefs will you need to stop giving power to?

What behaviors will you need to let go of or shift?

Write them out below:

Phase 2:

Uncovering & Shifting Limiting Beliefs

There is a "New You" that is waiting for you to find the strength to let go of your limiting story and begin to share a new more powerful version of who you truly are. Write out all of the characteristics of the "New You" that has manifested everything on your list.

What do they do? How do they think? How do they respond to challenges? What do they believe?

After you outline what this new version of you would look like, you will be asked to make a choice each day going forward as to which story you are going to tell regarding who you are in this world. We can't tell both the story of lack, AND the story of abundance at the same time.

Write out some affirmations below of your new beliefs that you can use to shift your story each day: