

Belief Exploration

- What are some beliefs you hold about yourself that might be limiting your potential?
- How have these beliefs influenced your behaviors and decisions in the past?
- Are there any beliefs you would like to challenge or change to better align with your goals and aspirations?



Episode 32: You Said What?
Saturday Morning Ritual

Positive Affirmations:

- Write down three positive affirmations that resonate with you and reflect your desired self-image.
- How do these affirmations make you feel when you repeat them? What impact do they have on your mindset?
- How can you integrate these affirmations into your daily routine to reinforce positive beliefs about yourself?



Episode 32: You Said What?
Saturday Morning Ritual