



Lesson 3 – Homework

{Listen to corresponding bonus call}

{See document, 3_and 4_LimitingBeliefs&EmpoweringCounterPhrases}

Homework:

1) Look at the patterns of thought coming up for you find yours.

2) Find a counterpoint to these thoughts

1) Look at the pattern of thought that is coming up for you. "I don't have enough," "this always happens to me," "just when I get ahead," "something's wrong," "money's too tight," etc. Each person will have a different pattern of thought. Your homework is to become aware of this and to understand and feel into the fact that: **None of these are true.** These are just thoughts they are interpretations that turn into beliefs. The opportunity is to train yourself into new beliefs by changing your language around "what is." You may feel that "yeah but, my story is true, my situation is true." The opportunity now is to open up a new language of abundance. Creating the ability to challenge the language of what we have been using into a new language.

2) So next is to find a counterpoint to these thoughts.

Examples:

OLD: "Just when I get ahead..." **NOW:** "Good things are coming my way."

OLD: "I can't seem to hang on to money..." **NOW:** "I am open to receiving and accepting the blessings that are coming my way."

OLD: "Money always tight not enough..." **NOW:** "I always have resources coming in, money is always coming in."

What is really true is that money is coming in, there are ample resources. That is actually the truth. Can you feel the difference of the truth of that. If you are connected to your heart and feel the abundance that is there that is the truth of these feelings and those new feelings show up.

Creating a New Language

"~ This is a two part process.

1. Write out one of your limiting beliefs.
2. Then write your new empowering counter phrase.

Continue this process for every limiting belief that you have uncovered or discovered."

