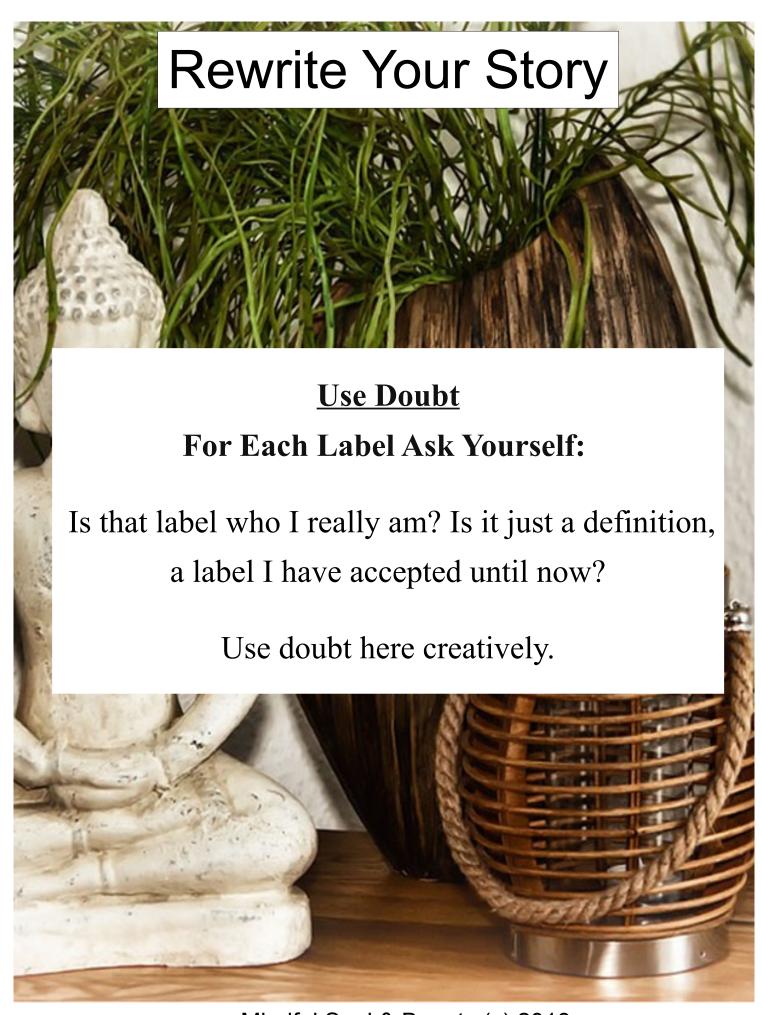


Write Down Your Old Definitions Write down whatever you would say "I am" to.

What is your your job description, your hobbies, your likes and dislikes, your fears, addictions and everything that you believe adds up to what you now perceive as being you.

Example: Write down: "I am..."

Single
Financially unstable
Poor in sports, math
Afraid of spiders
Glamorous
Comedian
Weak in approaching new people
Etc.



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Is it Beneficial?

If you accepted it as a label, ask yourself, is this label, this definition beneficial for my further growth or not? Listen to your gut feeling. You know the answer deep inside.

Learn to trust that intuition in your gut.



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Create an Alternative Definition

If any labels don't benefit you, come up with an alternative Definition, that would excel your growth.

Instead of "financially unstable" you might call yourself "Money Magnet"

Daily Mantra

"Up to this day I have been a ... insert your old label."

"From now on, I am ... insert your new label."





