

DARE TO DREAM

Mastermind Coaching Experience

Break Free From Limitation + EXPAND!

This is a mindfulness practice to start moving away from contraction and/or a scarcity mindset so you can really show your mind who is boss now, and step into your ultimate potential and possibility as an infinite and wise co-creator in and with life!

Get present to your goals for the program.

1. What is the main goal that you want to achieve?

Ex: To create 10 new clients. Or make an additional \$100k. Get in and stay in a healthy, happy relationship.

2. What are your limiting beliefs? Pay attention to the unconscious blocks that try to convince you, "I can't" and list them below.

Ex: There's nobody out there for me.
I'm going to have to work really hard to do that and if I work really hard I might get sick or hurt or die.

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3. Choose the one that carries the most weight. Once you have the one, feel into the energy in your body and ask yourself, “When was the first time I felt this way?”

Ex: I remember when I was at crew practice one night, I was doing my sprints on the rowing machine, and I was working so hard I thought that I was actually going to die if I pushed any harder so then I gave up and stopped, and never wanted to push myself harder again.

4. Slow it down to see if this belief was true then and if it’s true now. (If you don’t have an earlier memory, don’t worry, just work with what’s present).

Ex. “Is it really true that if I work really hard and succeed that I’m actually going to suffer and die?”

5. Open your mind to see how the opposite of that belief could be true. How can this be easy for me? Find a few specific examples regarding how the opposite might be true.

For example: Nursing school was really hard and I wanted to quit, but I pushed through and was so happy that I stuck with my commitment so that I could get the end result of more power and freedom.

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6. Experience and embody your limitless potential now. Feel into the truth of this opposite belief in your body and affirm it to be true. Insights and actions will come from here...

Write what you will do now from this place of limitlessness: