

PART 2

What Do You Think?

"There is one grand lie - that we are limited. The only limits we have are the limits we believe."

WAYNE DYER





In Training #2, you'll discover the profound **Cycle of Beliefs** and their impact on every aspect of your life.

This cycle illustrates how your beliefs shape your thoughts, which in turn influence your feelings, dictate your actions, and ultimately, create your experiences which create new beliefs.

The cool thing is ... you have the power to change every single one of your beliefs.
Really, you do!



GUIDED VISUALIZATION EXERCISE

Use the space below to write how you felt during **part one** of the guided visualization.

How did you feel differently when you adopted a new belief in **part two**?

YOUR LIMITING BELIEFS

Identify three of your limiting beliefs and what each one is costing you.

Limiting Belief #1 -

Limiting Belief #2 -

Limiting Belief #3 -



THE GREAT DEBATE - CAN VS. CAN'T

This exercise is designed to help you explore and challenge the beliefs that support and hinder your actions. By arguing both sides—why you can and why you can't do something—you'll gain deeper insight into the internal narratives that shape your behavior.

Identify something you want to start or stop doing. This could be a habit, a behavior, or even a thought pattern.

On the next page...



Consider all the obstacles, fears, and limitations that you believe are stopping you. Be honest and list out everything that makes you think you can't make this change. Look at each point under the 'can't' list and ask yourself:

- Is this really true?
- Can this be overcome? How?

Try to find ways to convert these 'can'ts' into 'cans' or at least into less daunting obstacles.



Then switch perspectives. Think about all the reasons, resources, and strengths that support the idea that you can make this change. Write down everything that comes to mind, no matter how small.

For each point under the 'can' list, think about how you can leverage or amplify this strength, resource, or belief to make your desired change more achievable.



I can't because...



I can because...

After completing this exercise, take a moment to reflect on the experience.

What did you learn about yourself? How do you feel about the change now?

Write a brief reflection on your insights and how you might apply this understanding moving forward.

YOUR DESIRED EXPERIENCE

Use this worksheet to trace back from the experience you desire to the beliefs that need to be in place for you to achieve it.

The **Experience** I desire is:

The **Actions** I must take to have this **Experience** are:

The **Feelings** I need to have in order to take the **Actions** to have this **Experience** are:

The **Thoughts** I need to create the **Feelings** I need in order to take the **Actions** to have this **Experience** are:

The **Beliefs** I need to have to produce the **Thoughts** to create the **Feelings** I need in order to take the **Actions** to have this **Experience** are:

