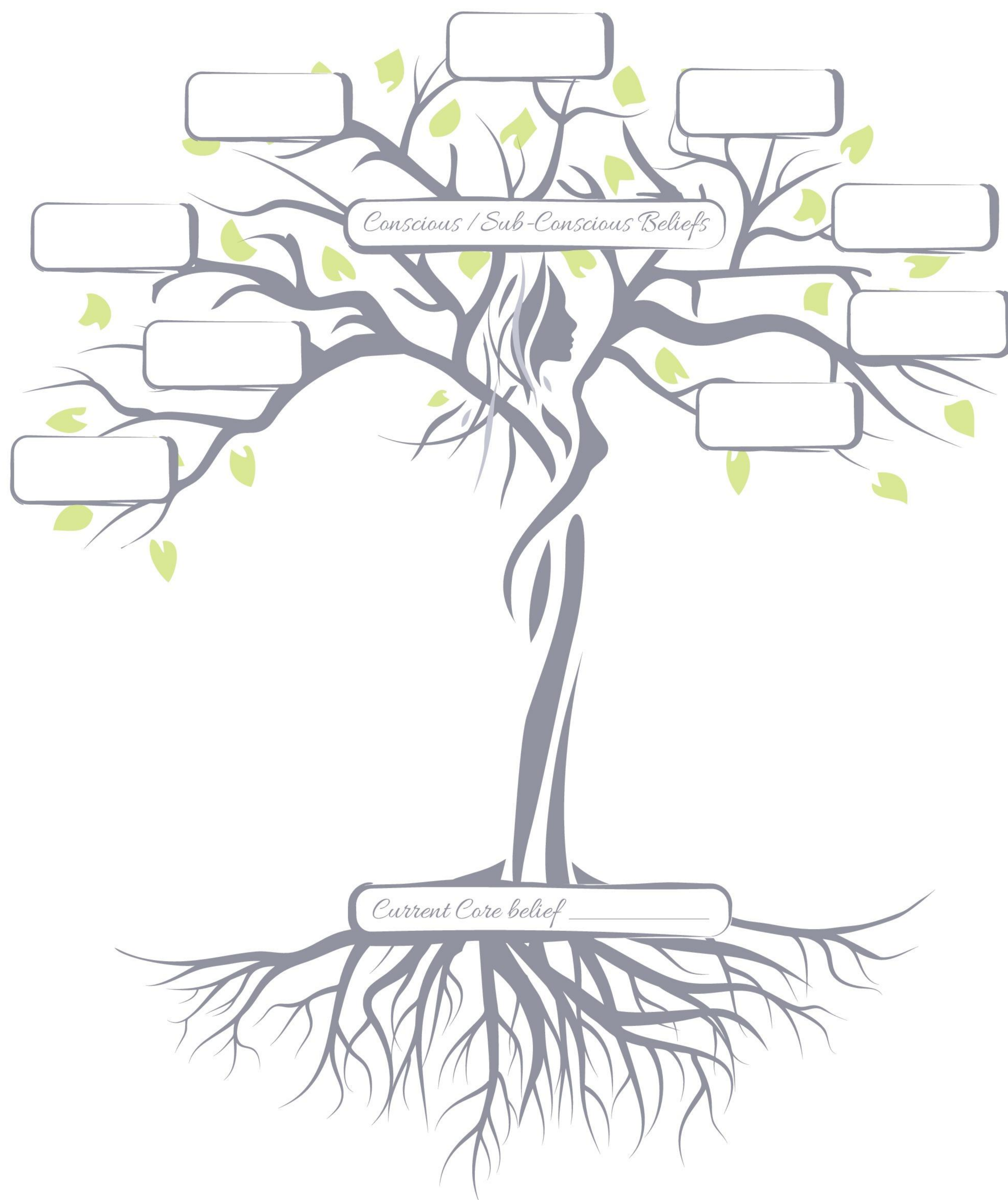


# Self Empowerment - Week Two



Think of one area in your life and reflect on your core thought/beliefs and subconscious beliefs.

E.g - Money, relationship, family, work



*'Thought by itself has no power. It is only your belief in a thought that gives it life'*

# *The deadly sin of Self Sabotage - Week Two*

## *Self Empowerment*



Ask yourself the following question on your current beliefs:

Why do you believe this?

What would happen in your life if you were willing to let that belief go?

What could you do to release it?

What do you want to feel, what do you want, what are you willing to change?

*'I am  
letting go of  
all  
thoughts  
and beliefs  
that no  
longer serve  
me'*

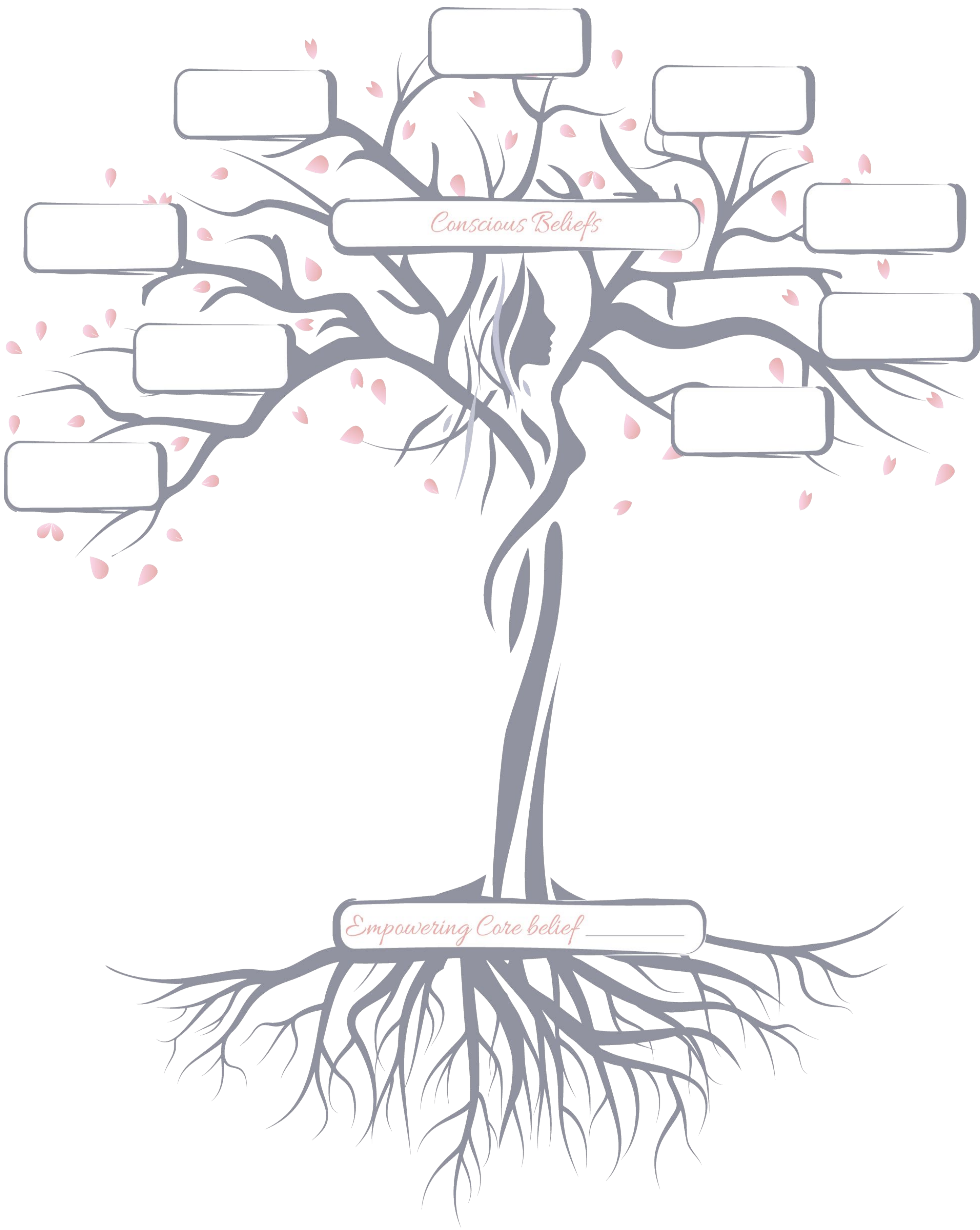


# The deadly sin of Self Sabotage - Week Two

## Self Empowerment



What would you love to think and believe?



*'True power arises from the alignment between your thoughts, core beliefs. Words and actions'*

# *The deadly sin of Self Sabotage - Week Two*

## *Self Empowerment*



Reflect and write about what you want to feel, what you want, what are you willing to change?

Write some new affirmations for your empowering core beliefs consciously and sub-consciously:

*'Our  
thoughts  
create our  
beliefs,  
beliefs  
create our  
actions,  
actions  
create  
habits,  
habits  
create  
character  
and  
character  
creates  
destiny'*