

# Limiting Belief

“reoccurring”



# New Belief

“what i tell myself as a healthy adult”



# Belief *untrain your brain*

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# Contract

I have been telling myself this bullshit story

Triggers / Events

I now know that is far from the truth! I allowed for this story to be on repeat.  
It stops TODAY. My new reality and truth is this...

*NOTHING WILL EVER STOP ME AGAIN!*

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# HABITS

5 new habits *in order of priority*

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Focus one or two new habits you want to introduce into your life

Do it consistently for 30 days | there is no room for failure.

Habits are to be done even when you dont feel like it.

# AM & PM ROUTINE

*Changing to create your ideal life*

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AM

PM