



Clearing Lies & Limiting Beliefs to Unblock Your Path to Success

Journaling today will help Identify all the crap holding you back and CLEAR it.

1. What is the “crap”? Do you have any “crap”?

2. As your buttons are getting pushed, write it down. Are there any buttons being pushed now?

3. What is that nagging voice telling you?

4. Are you stuck in “mediocrity” not fulfilling your true purpose in life because of the layers of gunk?

5. Think back over the best moments where you were happy; If the purpose of life is to be happy...
 - a. Where is your time going?
 - b. Who are you hanging around with?
 - c. What are you working on?
 - d. Are you lined up with your happiness today, or going through the motions waiting for happiness to show up tomorrow?
 - e. If the purpose of life is to be happy, how does that change things for you?

6. START asking “what makes me happy?” _____
Then, START doing it.

7. What are your current joy killers?

8. What are the lies you have told yourself?

9. If it's the blame game finish this sentence; It's _____ fault, why I'm this way. Then take ownership.



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10. After going through the clearings, releasing, and letting go ask the power questions:

- a. **What would it take** for me to create an extra \$\$\$ and have it show up quickly?
- b. **What would it take** for me to have a monthly income of ____?
- c. **What would it take** for me to meet this goal quickly and easily?
- d. **What would it take** for me to have more fun in my business?
- e. **What would it take** for me to be happy today?
- f. **What mindset** do I need to be in to make this happen?
- g. **What mindset** would it take for me to embrace change?
- h. **How can I** make \$\$\$ a day in a way that's in alignment with my truth?
- i. **How can I** fit eating healthy into my day?
- j. **How can I** free up the time I need to do ____?

11. Write down your POWER questions:

- a. What would it take

- b. What mindset

- c. How can I

12. Give yourself an Affirmation and believe it.

13. What are you Thankful for – what is your daily gratitude:
