





8. What fears and limiting beliefs do you hold that aren't serving your purpose anymore?

Ex. I am too restless.. I will never be able to do this.

Once you have answered each of these questions to the best of your ability, commit to living in alignment with them during this entire program and into the future. Commit to taking full responsibility for where you are in life right now and take the reins with full force. Don't be afraid to fail! There is truly no such thing as failure; there is only success and learning. Not reaching your goal is 10 steps above never having tried at all. Give this program your all and have some fun with it!