



Release Limiting Beliefs

Workplace Wellness Series #3

Limiting beliefs are obstacles to attracting and getting what you want in your life. These beliefs can be held either consciously or subconsciously. Your limiting decisions have shaped everything you do. They may have prevented you from seeing opportunities and maybe even discouraged you from trying something new.

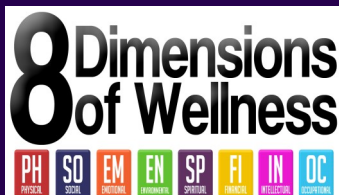
Awareness of a limiting beliefs is not enough to keep it from operating in your life. It takes some careful thought, intentional action and structured work to erase these self-imposed limitations on your success.

In this four hour session, your professional facilitator will instruct your group on the following skills:

1. Recognition of how limiting beliefs are created through words and phrases
2. Discovery of the most commonly held limiting beliefs
3. Questioning your belief to discover its source
4. Learn about how values drive behavior patterns
5. Creating new patterns of thinking and action to support new behaviors

Deliverables:

- ⇒ Hypnosis MP3 / Compact Disc to reinforce the learning
- ⇒ Guidebook to stay focused and motivated



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www.enlightenedlivinginc.com

Phone 219.929.8726