

To do this exercise, you must take your time, be alone and not have any potential distractions (i.e. switch your phone off). You may need to do it in more than one session as the questions are in depth and require honest answers. When you answer the questions, write as much information as possible.

- What is my self-limiting belief or self-fulfilling prophecy?
- Has it worked for or against me in the past? (Give at least one example)
- Where does it come from?
- What could it also mean?
- Can you find a counter belief or prophecy?
- How does it make you feel?
- Close your eyes and visualise the positive belief or prophecy. Note the sensations you experience and why it is right to think that way.