



7 Steps to Your Next Breakthrough Step 2

Notice When You Are Sabotaging Your Efforts

Your assignment: Take 15-20 minutes and listen to the audio and complete this self-assessment.

Which beliefs do you have? List them here and then answer the five questions for each belief.

1. Where did those beliefs come from?
2. How have those beliefs stopped you?
3. Is it possible that the beliefs could be false?
4. How so?
5. What could you do/ who could you become if you stopped believing those beliefs?

What have you learned about yourself from completing this challenge?



Final question: Maya Angelou says “when we know better, we become better because we do better.” Now that you are aware of your self-sabotaging beliefs, are you ready to become better by doing better or UNLEASH-ing them?



Congratulations!!! You've completed day 2 of the program.