

What are all the limiting beliefs that have been getting in the way of you truly living the life that you want?

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Now pick the top 3 beliefs. Which ones have had the biggest impact / have cost you the most so far?

- 1)
- 2)
- 3)

Take time to review the top 3 limiting beliefs that have had the most charge for you... what have these cost you? (In other words, if these limitations were not there, what would you have in your life that you don't right now.)

- 1)
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- 2)
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- 3)
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Video 1 Action: Share a **video** in the FB Group – what has been one of your greatest insights from V1W3 – and why do you now realise why this belief must be shifted/changed/eliminated based on your realisation of what it has cost you so far.