MY "ME" PROJECT: 5 SIMPLE STEPS TO GET STARTED

Step	1	:	Dis	CO	ver
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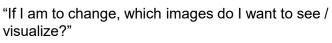
Step 3: Understand



"Who am I?"	"Which of the belief(s) in me stop / delay me from taking actions?
"What do I want?"	
	"When did the belief(s) begin?"
"How do I know if I accomplish what I want?"	"How did the belief(s) come about?"
	"What do I hear / say to myself each time I want to change?"
"What will I do when I get what I want?"	
	Step 4: "Let Go"
Step 2: Investigate •••	"If I can change, what are the first words I want to hear?"
"What is holding me back?"	

Have questions? Reach out as help is available to you













Step 5: Repeat Daily



FREE me to FLOURISH by repeating the new words and pictures I want to hear and see.