

WORKSHEET TO INSTALL BELIEFS

Fill this in as completely as you can with as much sensory detail as possible. The more vivid your response the more your subconscious mind knows what you mean by the belief.

The Belief:

1. What will I see in my life when the belief is installed?

2. What's another thing I'll see in my life when the

- Think of a time you last felt that emotion.
- Where do you feel it in your body?
- What color is the feeling?
- What is its shape?
- What is its texture?
- Does it have a smell? What?
- Does it have a taste? What?

- What is its temperature?

6. As you repeat your new belief out loud, tap three times on your forehead and your heart.