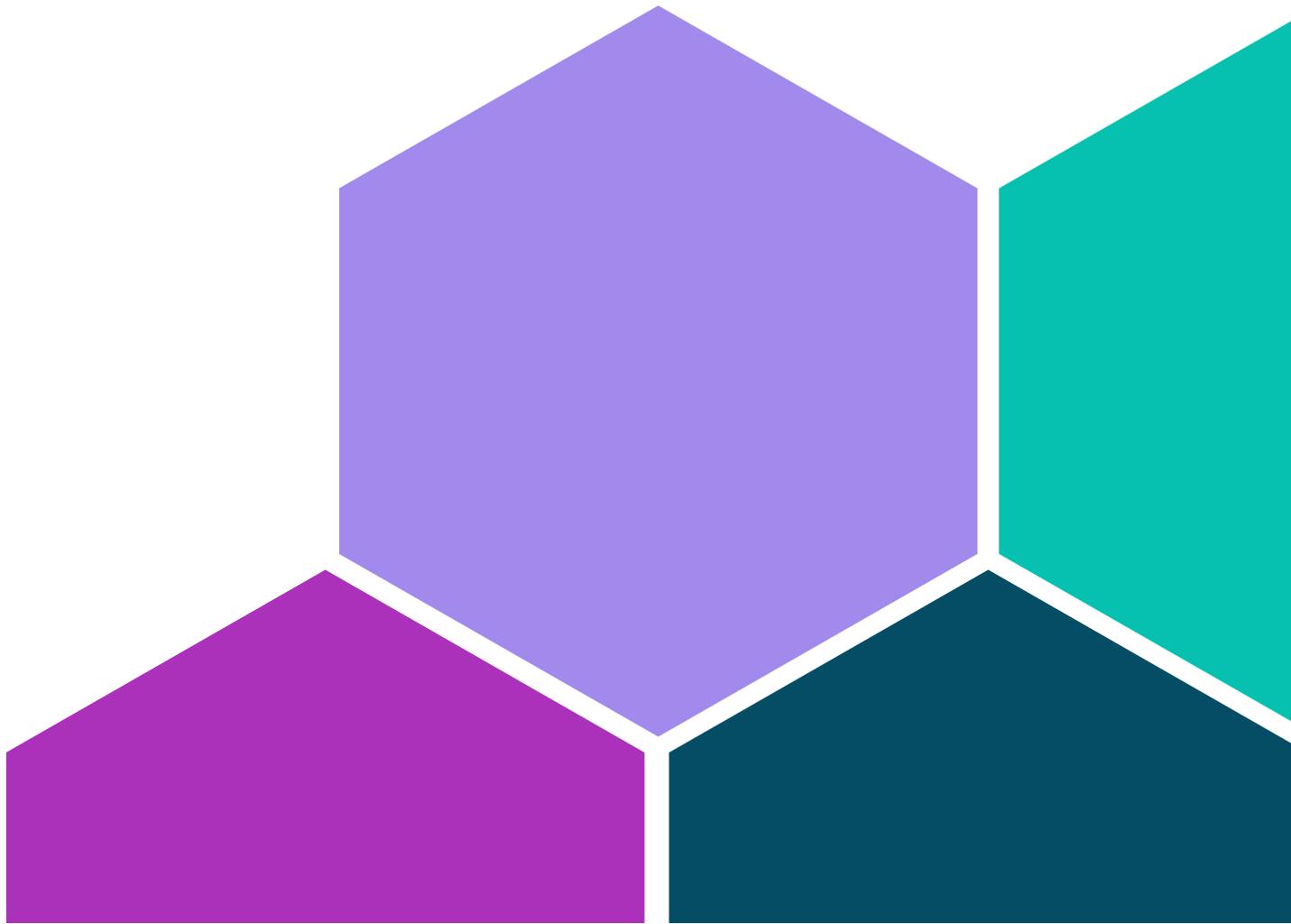


LUMINOUS

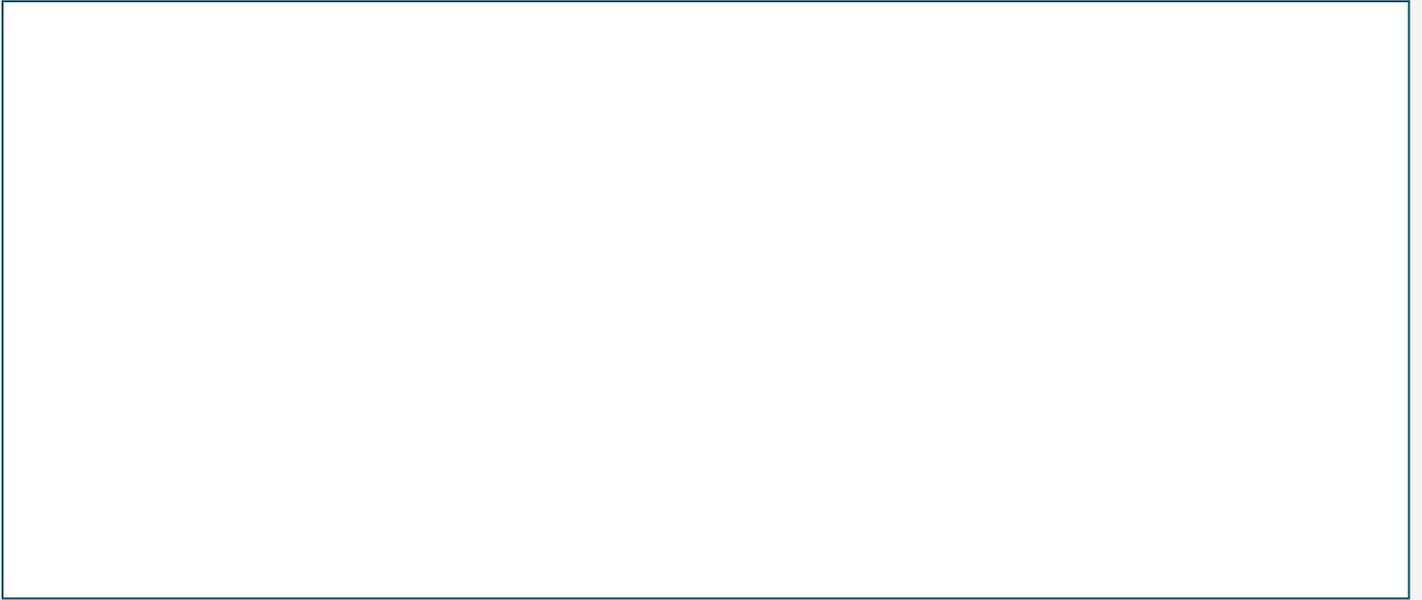
CONVERSATION:

HOW HIDDEN BELIEFS COULD BE
HOLDING YOU BACK.





INTENTION



BELIEFS





**“IF YOU CHANGE THE
WAY YOU LOOK AT
THINGS, THE THINGS
YOU LOOK AT
CHANGE”,**

Wayne Dyer

NOTES

EXPLORING BELIEFS™

What do you want in this area of your life? Can you paint a picture of the specifics - what would you be seeing?

What would you gain / lose by achieving this goal?

Where are you now in relation to your goal?

What do you think is stopping you from achieving your goal? What do you believe about that?

What might be more helpful and empowering to believe?

What resources do you need? What's the first step you could take towards your goal?

NOTES



If you want to go deeper on any of the concepts we have spoken about, today [email me back](#) with the word 'deeper' and we can book a quick call.

If you want to be added to the wait list for the next round of **The Luminous Leader™ Program** to be the first to receive information on it when doors open [email me back](#) with the word 'luminous' and we will add you to the list.



Clarety