

# Empowered Man FOUNDATIONS

## WEEK 1 ASSIGNMENT

### Exploring the Roots of Your Current Self

This set of questions is designed to help you explore the core beliefs, behaviours, and conditioning from your childhood that have shaped who you are today. The goal is to gain insight into what may be holding you back and to begin the process of transforming these limitations into empowering beliefs and actions.

1. What do you honestly believe is holding you back from living your best life?
2. What kind of ineffective behaviours and conditioning did you get as a kid? (i.e. limiting beliefs, habits, behaviours, etc.)
3. What was the environment that you grew up in like?
4. Who did you need to be to receive love from your Mum & Dad?
5. How does that conditioning affect you in your life today?
6. What are the top 3-5 limiting beliefs that show up in your life (general and specific) - e.g. "I am not as smart as everyone else", "I'll never be good enough"
7. How do they affect your life today? What would you be, do, and have if they weren't attempting to sabotage you?
8. What are 3-5 empowering beliefs that you could replace the limiting ones with? - e.g. "I am capable of and intelligent enough to take care of myself and my family"
9. What are your main 1-3 triggers? What is your primary response when you are triggered? (shut down, fight, distance yourself, etc.)
10. What cost do others and yourself pay when you're triggered? e.g "I withdraw my love to protect myself and punish others", "My anger overwhelms everything sacrificing my progress and potential."

### Reflection and Next Steps:

After completing this exercise, take some time to review your answers. Identify one or two key areas where you feel ready to make immediate changes. Commit to actively replacing limiting beliefs with empowering ones as you continue through the program.

