

# *Empowered Man* BELIEF SYSTEMS

## WEEK 3 ASSIGNMENT

### 1. EMPOWERING BELIEFS

*Please state 3-5 Empowering Beliefs that you have that do serve you:*

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### 2. LIMITING BELIEFS

*Please write down 3 Limiting Beliefs that you have that do not serve you:*

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### 3. EMPOWERING BELIEFS

*Please state 3 new Empowering Beliefs that will help collapse your old  
Limiting Beliefs above:*

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