

Empowered Woman BELIEF SYSTEMS

WEEK 3 ASSIGNMENT

1.EMPOWERING BELIEFS

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

2.LIMITING BELIEFS

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

3.EMPOWERING BELIEFS

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

