

WEEK 3 WORKBOOK

Uchechi Ezurike-Bosse

MASTER THOUGHT FORMULA

By Jim Fortin

My thoughts are illusions.
What is real is my ability to think.
I am the thinker of my thoughts.
I shift/move my attention to...

MEDITATION

Find a meditation that resonates with you and list them below.



IDENTIFY & REFRAME

In your jo	ournal or be	low, go thr	ough the	following	steps to	identify a	and
reframe y	your limiting	beliefs. D	o one be	lief and re	sistance a	at a time	(h)

IDENTIFY & REFRAME

In your journal or below, go through the following steps to identify and reframe your limiting beliefs. Do one belief and resistance at a time.

Step 1: Identify your limiting beliefs and blocks.
Step 2: Review past experiences that reinforced your beliefs.
Step 3: Question the validity of your beliefs and gather evidence that falsifies it.
Step 4: Neutralize your self-limiting belief with positive visualization.

IDENTIFY & REFRAME

In your j	ournal	or belo	ow, go t	hroug	n the fo	llowing	g steps to	o identify	y and
reframe	your lir	miting	beliefs.	Do on	e belie	f and re	esistance	at a tim	e.

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Do daily EFT videos provided to you. Bonus points if done twice a day!

Exclusive: Iyanla Demonstrates a Healing Exercise | Iyanla: Fix My Life | Oprah Winfrey Network

https://www.youtube.com/watch?v=bohZwV4HRvU

Willing to be Great, Rich, Successful, etc. - Tapping with Brad Yates https://www.youtube.com/watch?v=9jv5qRne8Tw

Tapping into Manifestation - Mind Movies - EFT with Brad Yates https://www.youtube.com/watch?v=YvSHS2HkKeU

Money Magnet Quickie - Tapping with Brad Yates
https://www.youtube.com/watch?
v=RScRdSdUXYY&list=UUiHZMZejDS4RIxDdBwoie9A

You Are Rich - Money Beyond Belief - Tapping with Brad Yates https://www.youtube.com/watch?v=Fg_mdvmnvJo

Feeling Like a Fraud (Impostor Syndrome) - Tapping with Brad Yates https://www.youtube.com/watch?v=mz2kDDJU0k4

Feel free to google and research other EFT teachers and see if others resonate with you more. There are a TON of information online on EFT. Due your own research and due diligence.

The Tapping Solution by Nick and Jessica Ortner are another great options too.

NOTES



Please remember these tools and strategies do not replace the care of psychologists or other healthcare professionals where needed.