

YOU ARE AN EMPOWERED WOMAN

MODULE 2: LESSON 3

The Dicken`s Process

This week we are doing something totally unconventional. We are going to do a hands on activity tonight on the call to help guide you through your inner conflict, your limiting beliefs and how to move yourself forward. Bare with me, chances are you have never done an activity like this before, but trust me, it is really effective.

NOTE: Homework will be completed together on the call.

Identify three limiting beliefs (inner conflicts) that you found last week. Beliefs that have been producing unwanted or negative consequences.

1.) Limiting belief/Inner Conflict 1:

What negative consequences have you already experienced as a result of this belief?

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2.) Limiting belief/Inner Conflict 2:

What negative consequences have you already experienced as a result of this belief?

3.) Limiting belief/Inner Conflict 3:

What negative consequences have you already experienced as a result of this belief?



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After completing the activity from the call, write down what you felt, any moments that were enlightening and any information you want to remember from it.

What is one thing you want to say to yourself after this activity?

Finally, write down each old limiting belief and replace it with a new, empowering belief.

1.) Old limiting belief:

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New Empowering belief:

2.) Old limiting belief:

New Empowering belief:

3.) Old limiting belief:

New Empowering belief:
