

Lists To Make

FIXED MINDSET/FIXED BELIEFS:

What have you believed *has* to be hard/a struggle/challenging?

What have you believed *must* take a long time or must follow a certain process?

Lists To Make

What have you believed are “givens?” As in, if someone stated one you would say, “Well, duh!”

What do you believe that’s not actually yours? As in, you believe it because someone else told you to. It is truly someone else's belief.

Lists To Make

DREAMING ABOUT NEW/DIFFERENT:

What do you love about the world, as it is?

What *more* awesome would you like to see in the world? Either more of the awesome you already see (that you listed in the last question), or something completely new that you do not yet see.

Lists To Make

What *feelings* do you dream of experiencing?

What abundance do you *already* have in your life?

Lists To Make

ABOUT A SPECIFIC MINDSET/BELIEF

What if this weren't true?

What *else* could be true?

Lists To Make

ABOUT A SPECIFIC MINDSET/BELIEF

What if we've been wrong?

What if I've been lied to (intentionally or not)?

Lists To Make

ABOUT A SPECIFIC MINDSET/BELIEF

What if I've been wrong?

What if there is a better way?