

# Transform **LIMITING BELIEFS** into **EMPOWERING STATEMENTS**

## CREATING MY EMPOWERING BELIEF

### SAMPLE STARTERS

- *“I’m learning to...”*
- *“With Support, I can...”*
- *“I can protect my family AND grow.”*

## ONE MICR-ACTION I CAN TAKE IN THE NEXT 7-30 DAYS



## SUPPORT I NEED TO ACCOMPLISH THIS ACTION



## ONE STRENGTH MY PRACTITIONER SEES IN ME

