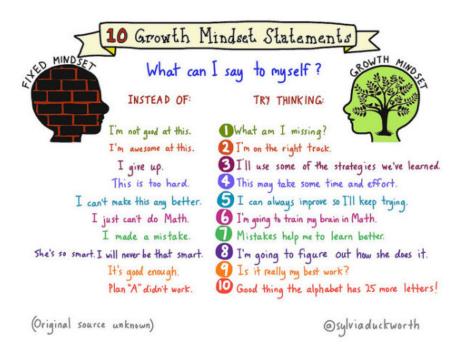
Freedom & Fulfilment | Go To Yellow |

3.



REWIRING THOUGHT PATTERNS



List some examples of the inner critic that limits you and then replace with an empowering belief

FIXED MINDSET

GROWTH MINDSET

1. 2.



FREEDOM

FACE THE FEAR

If my biggest fear happens, I will...









