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Attract Clients | Increase Profits | Enjoy Freedom

Are Your Beliefs Empowering?

Note: I want to acknowledge the creator of this assessment.
If I knew your name, it would appear right here!

Phrase Completion

Write as many endings as you can, as quickly as you can, for the "I am ___" phrases in each category. Let your mind free-flow. Your answers do not have to be logical or make sense.

Physical characteristics

I am

Emotional characteristics

I am

Mental

I am

Social

I am

Career

I am

Relationships
I am

Love
I am

Family
I am

Similarly, complete as many phrases as you can for the following:

_____ makes me feel happy.

_____ makes me feel sad.

_____ makes me feel angry.

_____ makes me feel guilty.

Men are

Women are

Babies are

Puppies are

People are

Money is

Life is

I am a _____ person.

I can

I can't

I should

I shouldn't

It's wrong to

I am too _____ myself.

After you've completed the exercise, make a note beside each of your responses for empowering beliefs (E) and for limiting beliefs (L). Quite revealing, isn't it?

Which limiting beliefs are you ready to release?

How would your life be different if you held more empowering beliefs?

If you'd like help in taking the next step to letting go of the beliefs that are sabotaging your success, then this is for you!

I've discovered the secret and I'll gladly share it with you!

When I stepped into the entrepreneurial world over 20 years ago, (wow - that's a long time!!) tons of limiting beliefs came to the surface. Releasing those beliefs was essential if I wanted to have a successful business.

Now it's my joy to help women just like you, launch and grow a profitable business. If you want to learn how, schedule your complimentary [Business Breakthrough Strategy Session](#) right now!

Don't wait as this offer will end soon. These sessions are priced at \$350 on my website. For you, today, I'm gifting it to you for free. And I promise, there won't be any hard sell, high pressure sales tactics. That's so *not* my style!

Your ideal clients need what only you can offer!



Susan

Step into your uniqueness and get paid for it!