

<p>I'm not allowed to ask for what I want What if they find out I'm... I don't deserve this / success / to be paid It's wrong to charge for this It's wrong to charge this much People can't afford what I do I'm never enough If I succeed I'll get overwhelmed and burn out No one wants what I have to offer No one cares No one's listening I don't belong I'll be rejected Nothing works out for me I'm afraid of what they'll think of me I don't want to bother people I'll never be good enough I don't what I'm doing</p>	<p>It's okay to be paid to be me I love myself and I love my life I can be strong and still be loved I deserve joy and happiness My needs are as important as others I give myself permission to be myself My vulnerability is my superpower Abundance flows to me every moment I'm free to become all I want to be, without limit I'm easily in the flow and connected with others It's safe to express my love and enthusiasm I'm accepted for who I am, and only need to be myself What I do matters I make a difference in peoples' lives</p>
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4)

Please look at the list of limiting beliefs and write down 3 that resonate strongly with you, placing one at the beginning of each line:

Now after each belief, on that line, please list any people in your life who you think may also be resonating with each belief.

4)

Please look at the list of empowering beliefs and write down 3 that resonate strongly with you, placing one at the beginning of each line:

Now after each belief, on that line, please list any people in your life who you think may also be resonating with each belief.

5)

What is one or more "stretch" in the area of accepting or asking for support can you take today over the meal break? What one or more are you taking on?

