

Intuition Alignment

FREE 5 Day Challenge



DAY #2 - DISEMPOWERING LIST

1. List down words you say to yourself that are negative or disempowering.

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2. Go back over your list and record whether you express these words internally, externally (to others and also via gestures) or both.

Place an I, E or B beside the

words.

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3. Write below - How do you feel when you hear these words? What kind of physical, mental/emotional and soul/spiritual reaction occurs when you hear these words expressed.

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2. On a scale of 1 - 10, 1 being don't want to change & 10 being WILL change NOW! What number are you, now.