



Beliefs that Stop You From Moving Forward in your Life

One Hour Class Designed in the Module with Suzanne Fageol



REMOVING RESISTANCE TO CHANGE WITH WIND WORK®

Release Limiting Beliefs that Stop You From Moving Forward in your Life



Review of the Community YOUNiversity Concept
and Learn to Fly Program



Reminder: Get a Pad and Paper
Be Someplace Quiet

Who I am and What is Wind Work





Community YOUNiversity

A Place to offer tools to help you build you Community

- 2 Trainings per month: One Business Tools and One Healing to help show up for your business
- We Program: 2 Check-In with Facilitators who have been taking the Wind Mastery Program
- Library we are building and updating as we go: Gratitude Challenge. Working on it weekly
- Option for a monthly one-to-one coaching upgrade: Gives you a monthly focused 1 hour call with Renee and email support.
- Community YOUNiversity members have the option to share their own work in a safe platform. The Wind Mastery Group Page is closed
- Your input and interest guide the monthly business presentation.
- Our Next Guest is Stephanie Gunning: Publisher; Editor, of multiply New York Times Best-Sellers



Community YOUniversity

What it is not

- Wind Mastery Program. We have a Spring and Fall 5-week program: deeper dive into self-mastery.
- Do it for You Approach
- Today I changed the name of the group in order for people to join and participate without confusion



What is a Belief?

Beliefs are assumptions we hold to be true.

“When we use our beliefs to make decisions, we are assuming the causal relationships of the past, which led to the belief, will also apply in the future.

In a rapidly changing world where complexity is increasing day by day, using information from the past to make decisions about the future may not be the best way to support us in meeting our needs.

Beliefs are contextual: They arise from learned experiences, resulting from the cultural and environmental situations we have faced.”

Barrett Value Center

Living the Deepest Belief Exercise

- Identify the deepest, broadest or most encompassing belief you have about life
- Explain how you live your life and/or make decisions in your life according to this belief.
 - Should be very influential as to how you are actually living your life.
 - My recent example: Relationships-
Painting: at 30
- Write Down how and where **you do not live** your life and/or make decisions in your life according to this belief and where you do.

Either you live your life based on your deepest belief about life or you don't.

It is not Either you always do or always don't. Rarely does anyone always do one thing. So, look to where you live your life in accordance to this deepest belief and where you don't. If you look carefully, you will find examples of both.

Group Share: What have you learned in this conversation?

Living the Deepest Belief Exercise

- It is important to hear what we are telling ourselves. If you were not one of the few
Make sure you get on one of our weekly check-in calls and share your insights.
There is a freedom which comes in sharing with another who is supportive of our efforts.

If you cannot say that you fully live and express the deepest belief identified here
100% percent of the time ask yourself:

Is there a deeper more encompassing belief about life that is true
that I can follow more closely in everything I do?"

OR

Is there something true about life that I am not facing that is causing me
to be unable to live what I believe one hundred percent of the time?

Living the Deepest Belief Exercise

- Wind Exercise: Pull a Wind Spirit Card for this Journey
- Look at the belief chain in our life
- Where is there a broken link
- Once we identify:
We are going to look to see, what would the chain look like
If you changed the belief.

Eurus to strengthen the New Belief

Living the Deepest Belief Exercise

Brief Sharing Finish

- **Write big goal**
- **Smaller goals that will help you get there.**
- **Sub goal.**

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March 5th
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Stephanie Gunning

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