

## Beliefs that Stop You From Moving Forward in your Life

### ***5 minutes***

Introduction to the Call- What we will cover-Review Agenda-If you are making a Special Offer at the End, Let people know upfront.

Get a Pad and Paper

Introduce Yourself

What is a Belief?

The East Wind

### ***5-7 minutes: Exercise***

Tell the class upfront what the exercise will be:

Open the Directions: During this opening Ask the Wind, What is the Strongest Belief that is Keeping me from

I believe I can Build a One Hour Class; I believe I can Gather a Sustainable Community; I believe I can double my Income?

Scan Your Body to see where in your body there is resistance. A pain in the leg, throat, heart?

As I call upon Eurus, ask the Resistance what is the limiting belief about not making it happen, and what is the Fear about moving forward?

Ie, Belief: If I begin to teach I will be alone. Fear: Safety

***3 minutes:*** After Journey: Write Down the Limited Belief—Write Down the Fear

### ***7 minutes: Group Sharing***

Was it what you thought? Any Surprises

(This might be a Good Time to Mention that people can go Deeper into Your Work in a Paid Retreat, Class, Online etc)

### ***5 minutes***

Go Back to Eurus

## Beliefs that Stop You From Moving Forward in your Life

And Ask for a New Belief And a First Step  
Write that down

Everyone Shares Out Loud

Then Cut that First Step in Half

Write it on a Note Card: Listen to instruction at the End of Suzanne's Class On How to Work with Your Note Cards.

(Make Your Offer)