





# MODULE 1: ELEVATE YOUR AWARENESS

## *Module 1: Video Worksheet*

Our goal is to rewrite your negative thought-patterns to break the self-sabotage habit. In the left column, list some of your old, limiting beliefs and thought-patterns, that trigger self-sabotage, then physically cross them out and write your new, empowering beliefs and thought-patterns in the right column.

<b>Limiting thought-patterns and beliefs</b>	<b>Empowering thought-patterns and beliefs</b>