

INTENTIONS • AFFIRMATIONS • MANIFESTATIONS

Five Levels of Deep Change

MAKING THE CHANGES

Environment:

What do you need to remove or add? Can you personally remove yourself from your environment?

Behaviors:

What actions do you need to start or stop doing in order to keep the environmental change?

Capabilities:

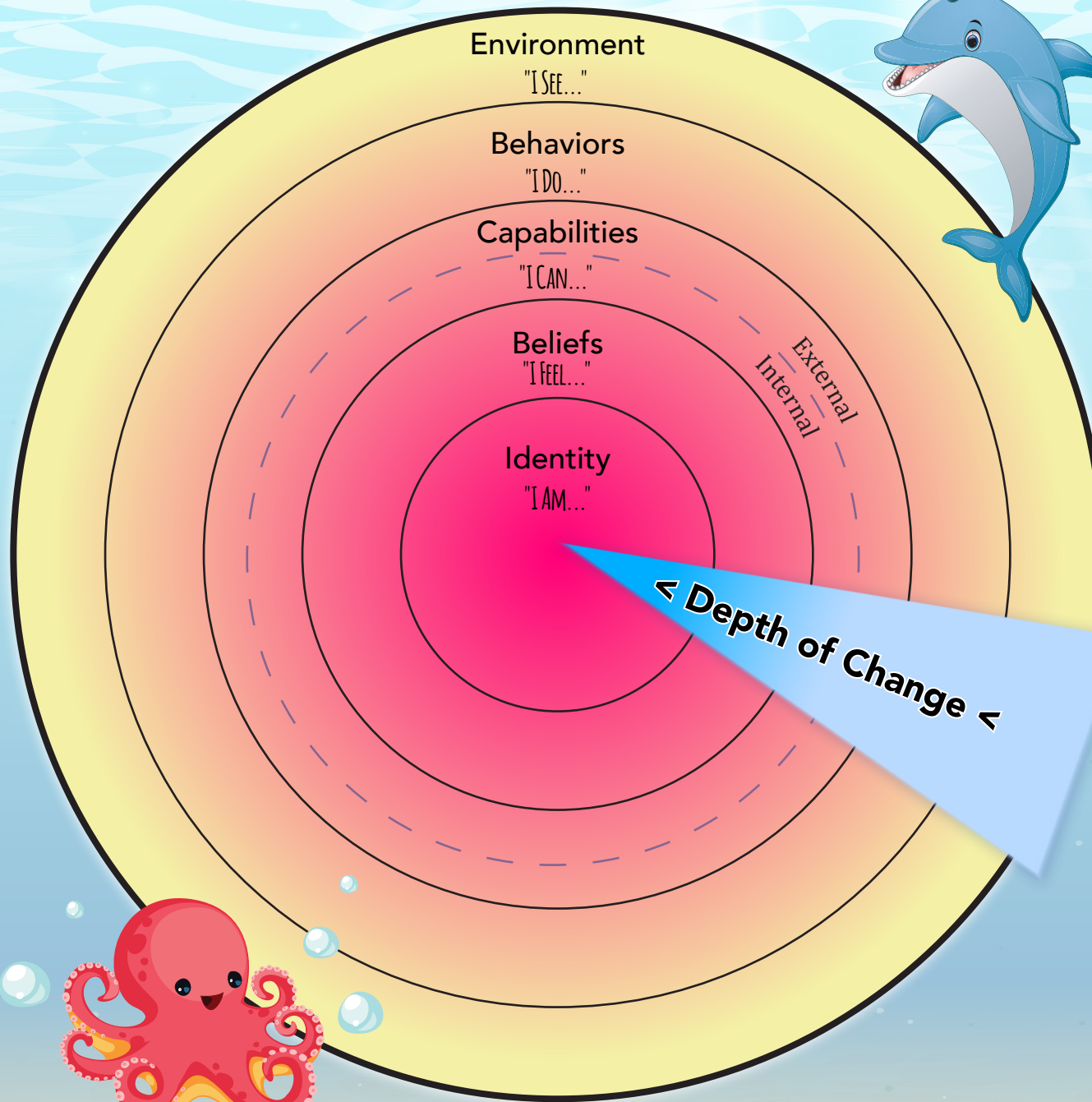
What gets in the way - physically or psychologically - of you doing those behaviors?

Beliefs:

What do you "know" about your capabilities that causes you to accept those limitations?

Identity:

What persona of yours would have different beliefs that would allow you to overcome the limitations of your beliefs?



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