

Part 3

Two Support Tools to use for this exercise:

Tool #1: Use Warm Up #4 regarding transforming blocks and negative belief systems as a support tool in this phase of your exercise:

Audio Link:

- <http://www.entrepreneursoulcoach.com/Class/scsg.warmup4.belieftransmutation.mp3>

Handout Link:

<http://www.entrepreneursoulcoach.com/Class/scsg.warmup4.beliefworksheet.docx>

- **Tool #2:** This is an exercise taught in my course, "Spiritual Power For Success Momentum." It is to transform blocks that present themselves in the form of self defeating internal dialogue, behavior, and beliefs: "Transforming Blocks"

Audio Link:

<http://www.entrepreneursoulcoach.com/Class/2917.transformingblocks.spsm12.mp3>

Written Steps:

Transmuting Blocks, Pain, Limitations Exercise

Step 1: Feel And Surrender

Step 2: Willing To Understand The Lessons

Step 3: Willing To Release _____ / Choose To Release

Step 4: Willing To Receive Guidance, Solutions For _____

Step 1: Identify all self defeating internal dialogues and behaviors. Identify the negative beliefs that are driving those self defeating internal dialogues and behaviors. List them below.

Step 2: Then, ask your Higher Self to explain the lessons and the learnings that are available for you to recognize that are embedded in each of those self defeating internal dialogues, behaviors, belief systems.

Step 3: Partner with your Higher Self to devise action steps that you can take that will eventually neutralize, diminish, and change the presence of those self defeating internal dialogues, behaviors, and beliefs

Step 4: Use both of the above mentioned Support Tools to process resistances that present themselves during your Accelerator #2 exercise. This includes resistances that might arise as you consult with your Higher Self regarding your Action Steps Plans.

