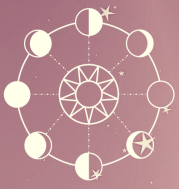


# What is Holding You Back?

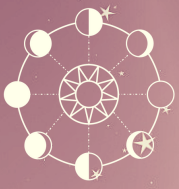
Some of my Limiting Beliefs are...



# *Choose a Better Thought!*

Turn your old limiting beliefs around and make  
TRUE, positive statements that move you in the  
direction you want to go...





# *The Next Version of You*

I am Becoming the Kind of Person Who...