



Mistaken
Beliefs

Mistaken Beliefs

Life Assignment

Notice your **mistaken beliefs** - about yourself and about the world, about what the world expects from you, or what you expect from the world. Notice what thoughts and behaviors likely arise from those beliefs.

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

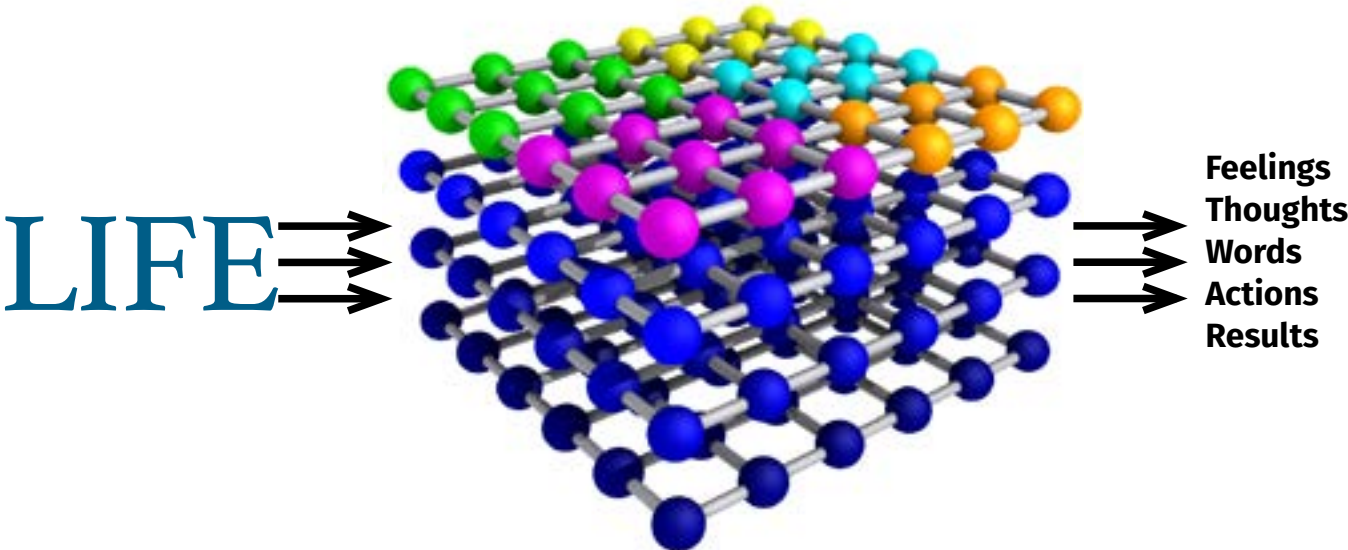
Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

Mistaken Beliefs

My Matrix In Action



Mistaken Beliefs

Mistaken Beliefs: My Matrix In Action

1. Beliefs about myself

2. Beliefs about the world

3. Beliefs about what I can expect from the world

4. Beliefs about what the world expects from me

Mistaken Beliefs

My greatest fears...

...if I live from my Mistaken Beliefs

My greatest hopes...

...if I Rematrix toward more Empowering Beliefs