

MY "ME" PROJECT: 5 SIMPLE STEPS TO GET STARTED

Step 1: Discover

"Who am I?"

"What do I want?"

"How do I know if I accomplish what I want?"

"What will I do when I get what I want?"

Step 2: Investigate

"What is holding me back?"

Have questions? Reach out as help is available to you

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Step 3: Understand

"Which of the belief(s) in me stop / delay me from taking actions?"

"When did the belief(s) begin?"

"How did the belief(s) come about?"

"What do I hear / say to myself each time I want to change?"

Step 4: "Let Go"

"If I can change, what are the first words I want to hear?"

"If I am to change, which images do I want to see / visualize?"



Step 5: Repeat Daily

FREE me to FLOURISH by repeating the new words and pictures I want to hear and see.