



Activity: Where Are You From?

Time: 30 minutes

Gentle Reminder

Please keep in mind that working to uncover your SWAGGER-limiting beliefs can elicit powerful memories and emotions. Don't hesitate to seek professional assistance to support your efforts in overcoming them.

Now that you've identified what some of your SWAGGER-limiting beliefs are, it's time to dig a bit deeper and learn about what caused them to start showing up in the first place. This activity might bring some powerful memories and emotions to the surface, so make sure you're in a private location to complete it.

Step 1

Select two or three SWAGGER-limiting beliefs from your list. Record each one on a separate piece of paper or a blank page on your computer.

Step 2

Focusing on one at a time, complete the following for each SWAGGER-limiting belief, and record your thoughts:

- Think back through your life experiences and try to determine when this SWAGGER-limiting belief first started showing up.
- What do you think the SWAGGER-limiting belief was trying to protect you or save you from?
- Is this belief still valid? What evidence do you have to support this?
- How does this belief currently serve you and what you're working to achieve or accomplish?

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