

## **Monday**

Write down a belief you adopted from a young age that you would like to no longer hold on to.

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# **Tuesday**

It's important to forgive yourself for having this belief. (I like to place my hand on my heart and whisper to myself, "I forgive you for holding onto this false belief. It is time to let this belief go).

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## Wednesday

Write down your limitless belief that will from now on replace the old one. (For example, my limitless belief would be, "I am lovable and worthy of being loved.")

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# **Thursday**

For an added bonus and boost of inspiration, listen to the attached Manifestation Tidbit "Manifestation Motivation- Listen to Instantly Feel Good".

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# **Friday**

Come on over to **@TheManifestationMindset** on Instagram if you want daily doses of Manifestation Inspiration!

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