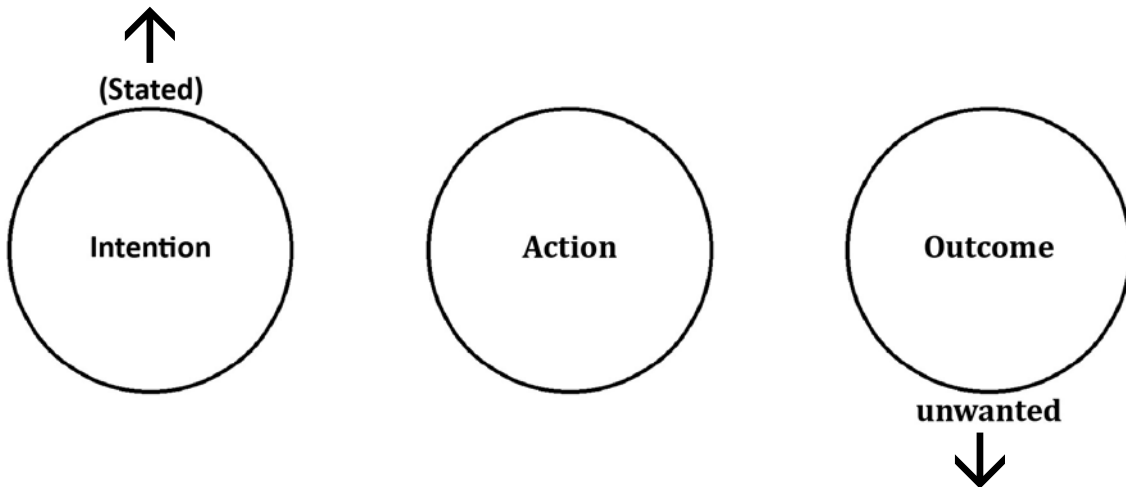


Step 2: Identifying and Eliminating your Hidden Beliefs

Exercise 2A: What are my recurring patterns?

Exercise 2B:



Step 5: Defining New Commitments

Exercise 5A: My Values

My Traits and Talents

My Interests
