**Quest**

**Week 1**

**Discovering who you are**

What beliefs do you currently hold about yourself?

Which of these beliefs serve you?

Which of them hold you back?

Where did they come from?

How do you know them as a truth?

***Work sheet 1a***

List beliefs. Highlight the beliefs that serve you and the ones which hold you back.

***Work sheet 1b***

Describe the origins of those beliefs. Write why you know them as a truth.

***Work sheet 1c***

At the end of each day note down which beliefs you experience the most each day and how they affected your results that day.

***Daily Task***

Do a daily affirmation of your commitment to change. Make it positive and in the now and start it with the phrase

“I am ……….”