**Quest**

**Week 2**

***Changing you story***

Revisit the beliefs that you don’t feel serve you and create a version of your World where you believed the opposite of that belief. For example, if you feel you lack confidence imagine if you had all the confidence in the World for that situation. How would your life be different? What would you be doing? Would you change job? Do more exciting things, travel more, change your relationship?

***Work sheet 2a***

Write a scenario for two of the belief’s you want to be different and how you are living your life now with those new beliefs in place.

***Work sheet 2b***

Each day consciously work on living your new beliefs that serve you and then record how you day is different now that you are beginning to “live” these new beliefs.

***Daily Task***

Write your daily visualisation or mini meditation to visualise what your life would be like with these new beliefs in place. Remember to state it in the positive and in the “I am……..”