



WEEK TWO

OVER
COMING
YOURSELF

HOMEWORK ASSIGNMENTS

ASSIGNMENT #1 | BREAKING DOWN BELIEFS

this is essential to understanding what your current beliefs are, why you believe them so strongly, and how to successfully rewire them.

using the "beliefs + anchors" exercise from the call, continue the exercise and do it for each limiting belief you have in every area of life. example: self worth, success, etc.

break them down, analyze them, and find their opposite. identify them and then release them. we provided sheets to identify a minimum of 8! but feel free to do more!

THE 4 ANCHORS

1

EVIDENCE - what helps support your belief systems? what examples can you think of? is there any?

2

LOGIC - does this continue to happen and perpetuate your reality? resulting in you believing it must be true?

3

EMOTION - how does that make you feel? what emotions are associated with that belief?

4

SOCIAL CONSENSUS - we believe more deeply if others believe it too and help reinforce it. who's reinforces this to you? anyone? parents? partner? siblings? unsupportive friends?

**MAKE SURE
TO COMPLETE
BEFORE NEXT CALL!**

BELIEFS + ANCHORS

4 ANCHORS THAT FORM OUR BELIEFS

EVIDENCE: SOMETHING
HAPPENS TO PROVE
YOUR POINT

LOGIC: IT MAKES
SENSE, CAUSE IT IS
ALWAYS CONSISTENT
WITH OUR BELIEF

EMOTION: STRONG
EMOTIONAL
ASSOCIATIONS EMBED
BELIEFS MORE
INDELIBLY

SOCIAL CONSENSUS:
WE BELIEVE MORE
DEEPLY IF OTHERS
BELIEVE TOO

IDENTIFYING THE ANCHORS

PICK ONE BELIEF YOU
CURRENTLY HAVE +
APPLY THESE QUESTIONS:

WHAT
EVIDENCE/EVENTS
ANCHOR THE BELIEF?

WHAT LOGIC LOCKS IN
THIS BELIEF; WHAT
"DEPENDENT BELIEFS"
FIT?

WHAT EMOTIONS
ANCHOR YOUR BELIEF?

WHO AROUND YOU
REINFORCES THIS
BELIEF?

RELEASING THE ANCHORS

EVIDENCE: WHAT
ALTERNATIVE EVIDENCE
SUPPORTS THIS NEW
BELIEF?

BELIEFS: HOW CAN YOU
REPLACE THE
"DEPENDENT BELIEFS"
IDENTIFIED ABOVE?

EMOTIONS: WHAT DOES
IT FEEL LIKE TO REALLY
LIVE THIS NEW BELIEF
AND FULFILL YOUR
DREAM?

SOCIAL CONSENSUS:
WHO CAN YOU
SURROUND YOURSELF
WITH TO SUPPORT THE
NEW BELIEF?

IDENTIFY + RELEASE ANCHORS

IDENTIFY
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS

RELEASE
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS

IDENTIFY + RELEASE ANCHORS

IDENTIFY
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS

RELEASE
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS

IDENTIFY + RELEASE ANCHORS

IDENTIFY
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS

RELEASE
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS

IDENTIFY + RELEASE ANCHORS

IDENTIFY
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS

RELEASE
BELIEF: _____

LOGIC	EVIDENCE
EMOTION	SOCIAL CONSENSUS



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ASSIGNMENT #2 | TAILORED AFFIRMATIONS

as we discussed in this week's lesson, affirmations are a fantastic way to create repetition in your life and repeat phrases that feel empowering, evoke positive emotion, and help us get over negative thought patterns.

the exercise here is to write out a negative belief and then create an affirmation that is in opposition to that belief.

We will provide examples below and then you can create your own and begin to incorporate them into your morning practice which you will also be developing in the following homework assignment. ,

EXMAPLES

NEGATIVE BELIEF:

I fail at everything and never see results

AFFIRMATION FOR THIS:

I belief in my ability to succeed and am successful at everything I do.

NEGATIVE BELIEF:

I have a hard time connecting with people, I am not likable.

AFFIRMATION:

I am loved by everyone and am constantly attracting new + inspiring people into my life

Get the idea?? Now you try!

**MAKE SURE
TO COMPLETE
BEFORE NEXT CALL!**

AFFIRMATIONS

1

NEGATIVE BELIEF

AFFIRMATION FOR IT

2

NEGATIVE BELIEF

AFFIRMATION FOR IT

3

NEGATIVE BELIEF

AFFIRMATION FOR IT

4

NEGATIVE BELIEF

AFFIRMATION FOR IT

AFFIRMATIONS

5

NEGATIVE BELIEF

AFFIRMATION FOR IT

6

NEGATIVE BELIEF

AFFIRMATION FOR IT

7

NEGATIVE BELIEF

AFFIRMATION FOR IT

8

NEGATIVE BELIEF

AFFIRMATION FOR IT

AFFIRMATIONS

9

NEGATIVE BELIEF

AFFIRMATION FOR IT

10

NEGATIVE BELIEF

AFFIRMATION FOR IT

11

NEGATIVE BELIEF

AFFIRMATION FOR IT

12

NEGATIVE BELIEF

AFFIRMATION FOR IT



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ASSIGNMENT #3 | CRAFTING A MORNING PRACTICE

morning routines are SO underrated and so so so important. if you study or interview all of the most successful people in the world - they have established a very specific morning routine and they don't go a day without executing it.

a morning routine is about finding an assortment of things that make you feel good that clear your mind, that set intentions for the day, that get your body moving, and that make you feel solid all before the day starts.

we challenge you to create a designated morning practice that includes meditation, gratitude journaling, affirmations + anything else that feels necessary for your lifestyle and apply it to your life for the duration of this course and onwards of course!.

EXAMPLE MORNING ROUTINE:

1. 6AM - wake up and stretch from bed, feel into your body, body scan, ask yourself how you're feeling in this moment. did you get good sleep? do you feel brain fog? do you feel good?
2. 6:15AM - DO NOT TOUCH YOUR PHONE OR CHECK MESSAGES
3. 6:15AM - go into a guided meditation or whatever suits you
4. 6:45AM - deep intentional breaths, breath work exercises
5. 7AM - prayer / intention setting for the day / feeling gratitude
6. 7:15AM - write down 5 / 10 things your grateful for
7. 7:30AM - recite affirmations + feel the emotional charge behind each word. really embody them, - look in the mirror while you say them
8. 7:45AM - quick 15 minute HIIT workout

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MORNING PRACTICE

feel free to time block the activities as well if you are a very scheduled person.

It can be helpful to set times for when you start your morning practice and when it ends so that you can plan + account for it in your everyday life