

WELLNESS CONNECTION 2022

A JOURNEY TO OPEN HEARTEDNESS

HANDOUT

Stressful Beliefs

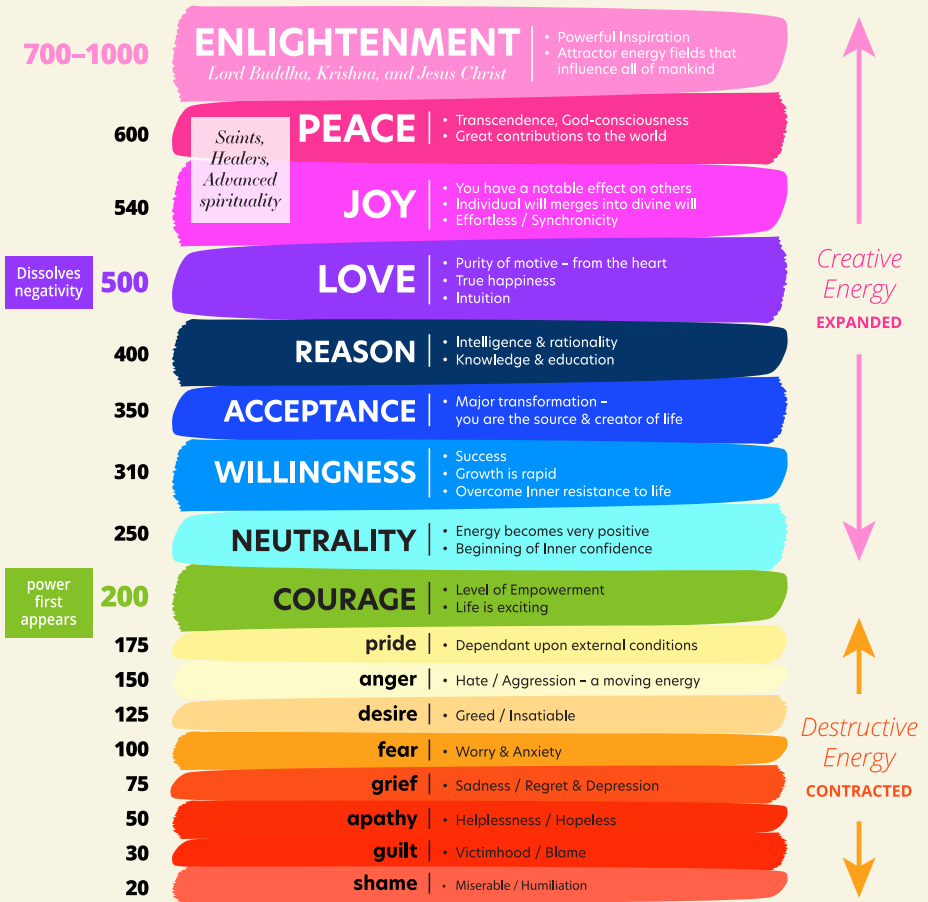
- I don't know what to do.
- I need more money.
- Life isn't fair.
- I don't want to look foolish.
- Women shouldn't be so emotional.
- I am worthless.
- Life is difficult.
- They should agree with me.
- I have to work hard.
- There's something wrong with me.

Ask Yourself

1. Is it true? (Yes or no.)
 Yes No (If no, move to question 3)
2. Can you absolutely know that it's true?
 Yes No
3. How do you react when you believe that thought?
What happens?
4. **Who would you be without the thought?**
5. Turn the thought around, and live your best life.

Map of Consciousness Levels

from David R. Hawkins | Power vs. Force



NOTE: A person may operate on one level in any given area of life.
An individual's overall level of consciousness is the sum total effect of all levels.