

[6.2] THE THREE POWERS OF BELIEF_

Session 6: Beyond Belief

Nir frames belief in terms of what you pay attention to, what you anticipate, and what you feel capable of.

ATTENTION: WHAT YOU BELIEVE, YOU NOTICE

My new belief:

What will I start noticing as a result? (Opportunities, capabilities, resources)

ANTICIPATION: WHAT YOU BELIEVE, YOU EXPECT

My new belief:

What will I start expecting or attracting in 2026?

AGENCY: WHAT YOU BELIEVE, YOU CAN DO

My new belief:

What becomes possible for me now?

[6.3] REWRITING YOUR STORY_

Session 6: Beyond Belief

REWRITE YOUR STORY

Pick your biggest limiting belief from 6.1:

The old story I've been telling myself:

Evidence that challenged this belief (even small wins):

The new story I'm choosing:

One action I'll take this week that proves this new story: