

# HACK YOUR DISEMPOWERING BELIEFS

## CÉLINEKIRK

fey There,

First and foremost, I would like to acknowledge you for taking on your negative thoughts. Sounds like you're the type of person who does not settle for being ordinary. Sending you a virtual high five.

This worksheet will offer you the opportunity to look at your negative thoughts differently so you can choose your thoughts more effectively. It'll surprise you just how much you can achieve if you choose to trust empowering beliefs over negative ones.

Just by being here, you're already on the right path to results.

Mith love, Céline.



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#### HOW TO USE THE WORKBOOK

A generic example is filled out below. For optimal results, be as specific as you can.

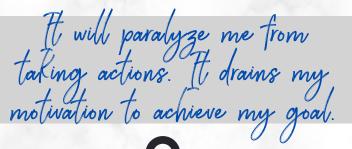


#### NEGATIVE & DISEMPOWERING THOUGHT

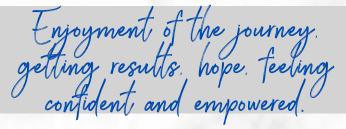
This is too hard



#### HOW WILL THIS THOUGHT HINDER MY RESULTS?



#### WHAT DO I MISS OUT ON WITH THIS THOUGHT?

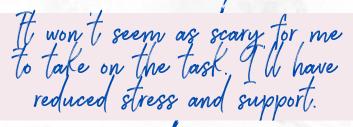




#### COUNTER-ACTING EMPOWERING THOUGHT



#### HOW WILL THIS THOUGHT IMPROVE MY SITUATION?



WHAT BECOMES POSSIBLE WITH THIS THOUGHT?

[ can focus on succeeding, [ can achieve a greater result, I can be proud of my accomplishment.

INEKIRK

#### WHICH THOUGHT WOULD I RATHER CHOOSE?

Now... Fis Your Turn.

Get into a focused state of mind. Be present and open-minded. Give it your all.

Try to take on 5 negative thoughts about your situation (there are 5 worksheets in this workbook).





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#### HOW WILL THIS THOUGHT IMPROVE MY SITUATION?



WHAT BECOMES POSSIBLE WITH THIS THOUGHT?

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WHAT BECOMES POSSIBLE WITH THIS THOUGHT?

#### WHICH THOUGHT WOULD I RATHER CHOOSE?



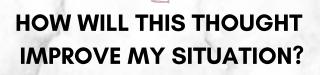




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## GREAT JOB!

We cover self-hacking tools like this on a much deeper level in the Alfemale Academy program to help level up key areas in your life.

Book a complimentary 30 minute discovery call to see if this program is right for you. And just in case you're wondering babe, it's not a sales call- zero obligations to enroll.

Psst.. If you are male, there are awesome programs available for you too.

### I KNOW YOU'RE MEANT FOR MORE

and Thow you know it too)

LEARN MORE AT WWW.CELINEKIRK.COM

