

## THE SPIRITUAL ARTIST

# Building a New Belief



When your belief is holding you back from new opportunities, change your belief. When we change our beliefs, we change what we create. Test it. Pick one thing that you desire to change and complete this practice guide. Tape this worksheet to your mirror and read it each morning for 40 days.

### 1. OPEN THE DOOR

Let yourself consider the very smallest of possibilities that what you desire can happen. When we do this, we crack open the door to possibility. What do you desire? Write it below.

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### 2. CLAIM

Claim a similar experience/achievement from your past. Where have I done something similar or close to this in my past experience. If I did it then, I can do it now. Write it below.

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### 3. MULTI-SENSORY VISUALIZATION

Close your eyes and visualize how it will look, feel, touch, smell and sound to have what you desire. Write it below.

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