

BELIEFS SYSTEM TRANSFORMATION PROGRAM

Training content guide >



TRAINING PROGRAM

- 01 - Introduction
- 02 - What are Limiting Beliefs and Where Do They Come From?
- 03 - Introduction to cognitive neuroscience
- 04 - Journaling : Use data to track your thoughts
- 05 - Self-Therapy
- 06 - Techniques to change limiting beliefs
- 07 - Affirmations : steps for reprogramming your beliefs
- 08 - What is visualizations and how to use it ?
- 09 - Understand the power of Mindfulness
- 10 - Conclusion

