

Alignment Transformational Sessions



Overcoming limiting beliefs

1. **Understanding your limiting beliefs**
2. **Your ecology**
3. **Concepts of zones**
4. **Positive mental attitude**
5. **Anchoring states**
6. **Your beliefs**
7. **Motivation**
8. **Self confidence**
9. **Personalities can change**
10. **Self esteem**
11. **Letting go**
12. **The chemistry of the mind**