

Alignment Transformational Sessions



Deleting limiting beliefs

- 1. Understanding your limiting beliefs**
- 2. Your ecology**
- 3. Unwanted emotions**
- 4. Positive mental attitude**
- 5. Anchoring states**
- 6. Your values and the why**
- 7. Motivation**
- 8. Self confidence**
- 9. Personalities can change**
- 10. Self esteem**
- 11. Letting go**
- 12. Mental strength**