



THE DREAM AND PREP YOUR BOOK EXPERIENCE

*WHAT BELIEFS ARE STANDING
BETWEEN YOU AND YOUR BOOK?*

1. What are the FIVE top beliefs that stand between you and your book? (*I don't have time* or *Nobody wants to hear what I have to say* are common ones.)

2. Out of those five, which ONE is the strongest one?

3. How can you do a simple reframe of that belief into a positive statement? (*I don't have time* becomes *I have all the time I need!*)

4. BONUS: Create a notecard or a poster with your new positive belief and put it where you'll see it often. Decorate it however you wish - really make it your own!