

Holistic Belief Reprogramming – 7 Day Video Course Workbook

Available At ErikaAwakening.com

Day Two - Identify Problem Areas

As you follow along with the Day Two video, use the worksheet below to:

1. Map out the **significant areas of your life** (examples would include money/finances, career/life purpose, love/sex/relationships, identity/self-esteem, spirituality, sports or other hobbies, etc.)
2. Identify areas that ARE working for you
3. Identify areas that ARE NOT working for you (i.e., problem areas)
4. **Homework:** Choose one problem – **one area that is NOT working** – to focus on for the rest of the course in Holistic Belief Reprogramming

Major Life Area #1 What's Working: What's Not Working: 	Major Life Area #2 What's Working: What's Not Working:
Major Life Area #3 What's Working: What's Not Working: 	Major Life Area #4 What's Working: What's Not Working: