

Holistic Belief Reprogramming – 7 Day Video Course Workbook

Available At ErikaAwakening.com

Day Six – Reprogramming Your Belief System

Homework:

Apply the tapping routine that Erika Awakening demonstrated in the Day Six video to any remaining feelings of negativity, and then use “I choose” statements to tap in the positive beliefs of your choice.

If you are not sure which positive beliefs to tap into your subconscious mind during this Reprogramming phase, go back to your positive affirmation from the bottom of the Day Four worksheet, and consider what positive beliefs you would need to have for your ideal resolution to come true.

List the new positive beliefs that you would need to have here:

I choose _____

I choose _____

I choose _____

After you have tapped thoroughly on the new positive beliefs, reassess the positive affirmation or ideal resolution that you chose on Day Four.

How possible does it seem that you could achieve your positive outcome on the 1 to 10 scale (with 0 being “impossible” and 10 being “a certainty”)?

Write the number here: _____