



What are the fear-based beliefs that you have?

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What thoughts are created by these fear-based beliefs?

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What emotions are created by these fear-based beliefs?

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What actions are created by these fear-based beliefs?

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What reality is created by these fear-based beliefs?

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What is the love-based reality that you want to have?

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If your love-based reality was true, how would you be acting?

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If your love-based reality was true, how would you be feeling?

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If your love-based reality was true, how would you be thinking?

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If your love-based reality was true, what would you believe about yourself and the world?

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