

New Earth Vision Summits Program Outline

Module 1 Action Plan

(1) Please print out the **NEVS Program Outline** and keep it in a safe place where you can easily refer to it. We'll be actively using these, especially when we get to some of the more technical pieces, and you'll want to get in the habit of checking off items as you complete them.

(1) Update your Limiting Beliefs / Empowering Truths Worksheet by working through an additional 2 to 4 beliefs.

Once you have 3 to 5 limiting beliefs filled out, you'll want to:

1. For the first 2 days after completing it, read through the full sheet, one time each day, really ***feeling*** the emotions of thanking & releasing the belief.
2. Starting on the 3rd day, put away the sheet with the limiting beliefs, as we don't want to continue reinforcing these. Begin to **ONLY** use the Empowering Truths, by either programming them to pop up in your phone throughout the day or writing them on a nice sheet of paper and reading them every day.

Through the repetition, you'll be able to truly release the limiting beliefs, and allow the Empowering Truths to take root in your subconscious mind.

(3) Create your 1-year Vision Statement, as we discussed during the call, over the next 3 weeks. Read your Vision Statement once per day, either when you first wake up or just before going to sleep. When you read it, be sure to take an extra moment or two to really ***feel*** the emotions & body sensations of already being that future version of yourself.

Have fun with these initial practices and let me know if you have any questions at all!