

Boundaries Breakthrough Process

Drop your mind into your heart and tell yourself the truth...

What is the pattern at play that is keeping you from having health boundaries?			
What is the belief that is driving this pattern?			
What is the emotion connected to the belief?			
Shadow:			
What is the new elevated emotion that will empower you?			

What is the new choice it is time for you to make?				
Inspired Action:				
Archetype:				