

Deep R&R

- 1.** What is the negative situation/belief/feeling that I want to get rid of today?
- 2.** What do I really believe about this situation/belief/feeling?
- 3.** What have I believed in the past about this thing?
- 4.** Why have I believed this and what is it creating in my life now?
- 5.** What do I want instead of this pattern in my mind and heart?