

DIVINE GLOW

De-Coding my false Stories:

What is my story about love, money, health,...
by writing it down, I start de-coding it.

I CREATE AND DE-CREATE WHATEVER I WANT.

What's my current story?

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De-Coding my false Stories:

What issue is it all about? Summarize it in 1-2 sentences:

What experiences in your past caused this story?

What abilities, characteristics, virtues did you learn through that experience? (Make a list of all positive learnings)

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De-Coding my false Stories:

How is this story serving you? How does this belief system help you? (This is why you keep it. Close your eyes and ask your subconscious mind.)

What would I lose when I let go of these beliefs?
(This is why you keep it.)