

Identifying Fear Blocks

Write down the Desire that you want to manifest. Example: *I desire to have healthy relationships.*

Do a Box Breathing Method (inhale, hold, exhale, hold) and then contemplate for 10 minutes on this desire and observe the emotional blocks and fear narratives that rise up surrounding this desire and log them below.

After rewriting your fears into affirmations, take time every morning and evening to state your affirmations and visualize your desire having already been fulfilled. When more fears arise, print out another sheet and do the assignment again.

Fears in opposition to what I desire	Rewrite into affirmations
Example: <i>I'm too messed up to attract good people</i>	Example: <i>I am worthy of happy & healthy friendships</i>