LIMITING BELIEFS	OPPOSITE TRUTH	EXAMPLES FROM LIFE TO PROVE COLUMN 2
Write out those beliefs you hold that keep you stuck or not advancing in an area that you know you should be.	Write here the opposite and more powerful truth about who you are in God, that is just as or even more true.	Look for examples from your life that validate the powerful truth in column 2. The more you expect to see the more you will. Wake up everyday expecting to see substantiating evidence that will prove you are all God says you are.

Layers of resistance to eliminating limiting beliefs that we should be aware of:

1. Holding resentments to the person or experience that created or cemented the limiting belief. Freedom comes from Forgiveness and gratitude. As we grow in forgiveness, we view the experience more intelligently. Sometimes to the point that we can be grateful for the experience, as they made us who we are.
2. Core programming comes from the combination of our parents' wounds. The marriage of parents' core program creates ours. When we can recognize these things, we can unlock the bridge to our own potential. Surrender these things to God so He can heal them with you.
3. Stop outsourcing your self esteem to others.