



MASTERING ASCENSION



CREATE  
YOUR  
DREAM LIFE!

With Anik Malenfant

# Limiting Belief Questionnaire

With Anik Malenfant  
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# Liming Belief Questionnaire

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Refer to the Muscle Testing Tutorial for proper testing techniques. Remember if you are testing that you have the proper subconscious program however it doesn't reflect in your reality, it would still be good to review this as muscle testing can be influenced by a few factors. Feel free to replace Divine with whomever you consider the Source of all that is, your personal Higher Power.

Yes    No    Maybe

- I have the Divine Definition of Love and it Matches my own
- I have the Divine Definition of Self-Love and it Matches my own
- I have the Divine Definition of Self-Care and it Matches my own
- I have the Divine Definition of Worth and it Matches my own
- I have the Divine Definition of Self-Worth and it Matches my own
- I have the Divine Definition of Value and it Matches my own
- I have the Divine Definition of Self-Value and it Matches my own
- I have the Divine Definition of Recognition and it Matches my own
- I have the Divine Definition of Self-Recognition and it Matches my own
- I have the Divine Definition of Support and it Matches my own
- I have the Divine Definition of Manifesting and it Matches my own
- I have the Divine Definition of Abundance and it Matches my own
- I have the Divine Definition of what my needs are and it matches my own
- I have the Divine Definition of Self-Recognition and it Matches my own
- I have the Divine Definition of what I deserve and it Matches my own
- I have the Divine Definition of what life is suppose to be and it Matches my own
- I know the differene between living and thriving
- I know the differene between surviving and living
- I have the Divine wisdom around my role in the manifesting process
- It's selfish/greedy to manifest
- It's wrong to ask the creator for too much
- I know the divine different between manifesting and asking
- I know the divine difference between manifesting and winning the lottery Winning is corrupt
- I only get three wishes (or a limited number)

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Yes    No    Maybe

I have to save my manifesting energy for important things

If I have something good, something bad will happen

If things are too good, something bad will happen

The good in my life is limited

If I have something good it will be taken away

It's greedy to ask for too much

I have the Divine wisdom of when/how much to ask for

I can manifest all that I desire

I can manifest beyond what I need for survival

If I manifest everything I want I'll be bored

I'll be bored if I manifest \_\_\_\_\_

I will know what I am and how to live my life if I manifest \_\_\_\_\_

I know how to live my life if I manifest what I desire

I have the Divine wisdom around time and manifesting

Life is hard

The best things are worth waiting for

Good things come to those who wait

It takes time to manifest what I want

I can only have what I want in my life once \_\_\_\_\_

Add any limiting beliefs no matter how irrational that come up while you are imaging your desires  
(Test your "buts")