



## Episode 6 Exercises

1. Write down three of the beliefs that have arisen in you as a result of repetition.
2. Write an example of a belief that you have consciously accepted.
3. Write an example of your emotional belief.  
(It doesn't matter whether it is positive or negative)
4. Write down three of your positive beliefs that help you succeed.
5. Write down three of your negative beliefs that hinder your success.



**CATALOG OF THE MIND**



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