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THE UNBECOMING "I AM LIMITED" COMPANION GUIDE

Day 1:

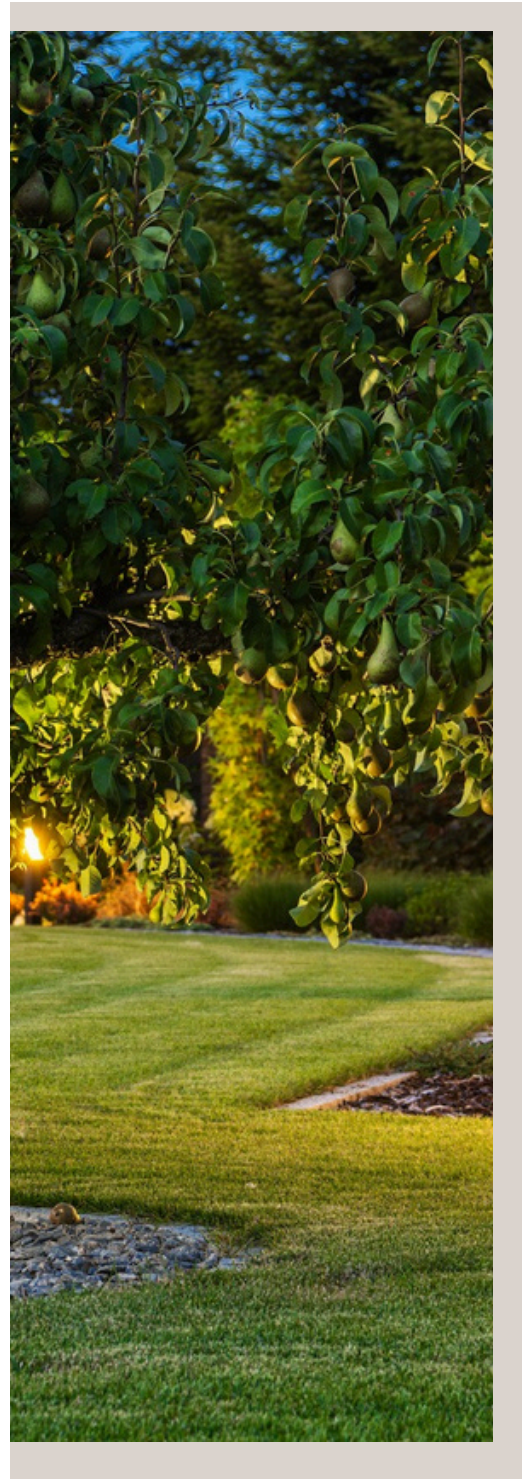
Remembering
Who You Truly
Are

Welcome

So glad you're here, ready to kick off this journey of self-discovery and unleashing the amazing power within you. Seriously, give yourself a high five for taking this step – it's a big one. It means you're investing in you, in your growth, in creating a life that truly lights you up.

In this mini-course, we're going on a treasure hunt – a treasure hunt for your true self, the one buried under layers of "I am limited" beliefs.

We're talking about those sneaky little voices that whisper, "You're not good enough," "You can't do that," "You're not worthy." Sound familiar? These limitations, they're like weeds in a garden, choking the beautiful flowers of your potential. Over the next few days, we'll be clearing out those weeds, making space for your inherent brilliance to blossom. It's time for a "Great Reset" – to reclaim control of your life and create a future on your terms.



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"I AM INFINITE. I AM EXTRAORDINARY"

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WHY WE BELIEVE WE'RE LIMITED: UNDERSTANDING THE ROOT OF THE PROBLEM

EVER FEEL LIKE YOU'RE RUNNING IN CIRCLES, HITTING THE SAME ROADBLOCKS OVER AND OVER? LIKE YOU'RE TRYING TO CREATE CHANGE, BUT SOMETHING KEEPS HOLDING YOU BACK? YOU'RE NOT ALONE. IT'S ALL ABOUT UNDERSTANDING THE WHY BEHIND THOSE BLOCKS. AND OFTEN, IT'S A COMBINATION OF FACTORS – OUR PAST, HOW WE'VE BEEN CONDITIONED, AND HOW WE REACT TO OUR INNER WORLD.

YOUR STUCK IN THE PAST:

THE PAST HAS A HOLD ON YOU. WHETHER ITS PAST HURTS OR TRAUMAS. PAST EXPERIENCES CLOUDING JUDGEMENTS AROUND YOURSELF OR OTHERS. OR PAST "FAILURES" AND "MISTAKES". ALL OF THEM SERVE AND REINFORCE THIS IDEA THAT "I AM LIMITED".



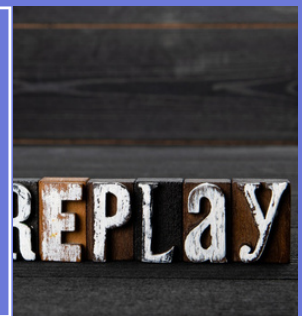
YOUR A SLAVE TO SOCIETY:

WHETHER IT'S THE GOVERNMENT, SOCIAL MEDIA, THE NEWS, TV, MOVIES, THOSE YOU LOVE, YOUR CULTURE, OR ANYTHING ELSE, YOU HAVE BEEN TRAINED FROM THE DAY YOU WERE BORN TO BELIEVE THAT "I AM LIMITED" AND THAT YOU **MUST** PLAY BY SOCIETIES RULES, TO "SUCCEED". WHEN ALL IT REALLY DOES IT MAKE YOU A SLAVE TO SOCIETY



YOU CAN'T BREAK THE STATUS QUO

DO YOU EVER FEEL LIKE YOUR LIVING THE SAME DAY OVER AND OVER FOREVER? THAT'S BECAUSE YOU'RE STUCK IN THE STATUS QUO AND DON'T KNOW HOW TO GET OUT OF IT. GIVE IT ENOUGH TIME, YOU END UP BELIEVING IT'S BECAUSE YOU'RE INCAPABLE OF CREATING SOMETHING NEW, CONTRIBUTING TO THE BELIEF OF "I AM LIMITED"



Time to Dive In: Journal Prompts & Exercises

Alright, let's get our hands dirty! Grab your journal and a pen – it's time for some self-reflection. Remember, this is about uncovering the truth of who you are, not judging yourself. Be honest, be open, and most importantly, be kind to yourself.

Prompt 1: Reflecting on the Past's Grip:

Think about how your past – hurts, traumas, experiences, perceived failures – might be fueling the "I am limited" belief. Which past experiences stand out the most? How do they make you feel today? What messages did you take away from those experiences about yourself and your capabilities?

Prompt 2: Unmasking Societal Programming:

Explore how societal influences – family, culture, media, government, etc. – have shaped your beliefs about yourself and your potential. What messages have you absorbed about success, failure, and what's possible for you? Which of these messages feel limiting? Which ones do you want to challenge or discard?

Prompt 3: Breaking Free from the Status Quo:

Do you ever feel trapped in a rut, living the same day over and over? Describe this feeling. What makes you feel stuck? What do you believe is keeping you from breaking free and creating something new? What thoughts and emotions come up when you think about stepping outside your comfort zone?

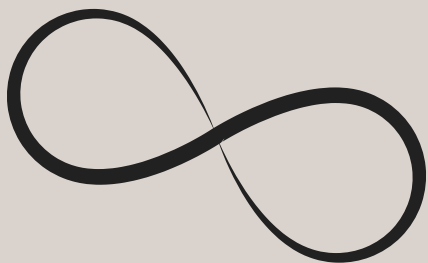
Exercise: Identifying Your Limiting Beliefs and Desires:

Now, let's connect this to your desires. List three areas of your life where you feel most limited and the extraordinary abilities or desires you wish you could express if you weren't limited by these old stories and societal pressures—the ideal that you're moving toward.



WHAT'S NEXT? UNBECOMING "I AM LIMITED"

So, you've taken the first step – you've begun to expose the roots of that sneaky "I am limited" belief. Awesome job! Tomorrow, we're diving into the "unbecoming" process – your secret weapon for releasing those limitations and stepping into your true power. Can't wait to share it with you! Keep this guide handy and return to it for ongoing support! Keep your eyes open for Video 2 tomorrow! You've got this!



Dave Asch