

# YOUR CHILDHOOD PROGRAMS

SOURCE	MESSAGE
Mother	
Father	
Siblings	
Teachers	
Media	
Classmates	
Friends	
Society	
Other	

**What are some repeated challenges in your persona relationships?  
How can they reflect some limiting programs you have about  
yourself? Who did you adopt them from?**

**What are some repeated challenges in other areas of your life?**

**How can they reflect some limiting programs you have about yourself? Who did you adopt them from?**

**SUMMARY: YOUR TOP LIMITING BELIEFS SO FAR:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_