



# EMbody

by Lo

## WEEK 4: JOURNAL PROMPT

Write down your limiting beliefs. Then flip them to empowering beliefs; like you learned in Week 4's Module.

### **This Week's Reminders:**

- Observe when your limiting beliefs come up. Shift them, when they do!
- Can the 1 thing you liked about your body last week, transform into love?
- Use the visualization and meditation audio to help you to re-program your subconscious.