

# Cycle of Transformation

1% EVERYDAY

## 1 Awareness

Building awareness of the belief systems you are working to overcome.

## 2 Unblending

Relentlessly unblending from this part of you.

## 4 Evidence

Creating corrective experiences that prove the new belief true and invalidate the old belief.

## 3 New Beliefs

Creating and practicing new beliefs aligned with who you want to be and what you want to experience.

