***Your Divine Belief Tracker***

**Handout – Week 1**

To keep track of the beliefs you have each week, write them down and then give them a number of intensity. Use a scale from 1-10: 10 is the *most* true, the most intense feeling you have about your belief, and 1 is the *least* true, or the least intense feeling you have about your belief.

Please take the time to do this; otherwise you will forget you ever felt this way as you clear the belief! (Yay!) ☺

**Your Client Belief Intensity**

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