

EXPOSING THE TOP 3

Ego Traps

That Keep You From Your Highest Level Of Consciousness

with Rikka Zimmerman

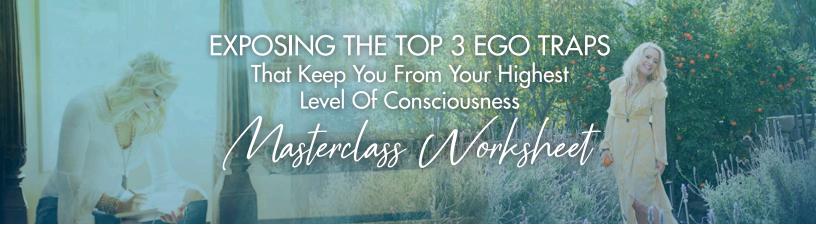


YOUR GUIDEBOOK FOR Exposing the Top 3 Ego Traps

That Keep You From Your Highest Level Of Consciousness

4 SIMPLE TIPS TO GET THE MOST OUT OF THIS WEBINAR MASTERCLASS WITH RIKKA ZIMMERMAN:

- Print out this Guidebook before the Masterclass starts so you can write down your notes and insights as you listen
- 2 | Be sure to remove all distractions and really give yourself the gift of being fully present so you can absorb the insights Rikka shares and step into **higher consciousness**.
- 3 During the Masterclass take notes and write down the information most relevant to you, that way you won't forget or lose the insights and discoveries you made.
- 4 Think about how you can implement the insights Rikka reveals into your own life.



Fill In This & Next Page Before The Masterclass So You Can Easily Reference It While Watching:

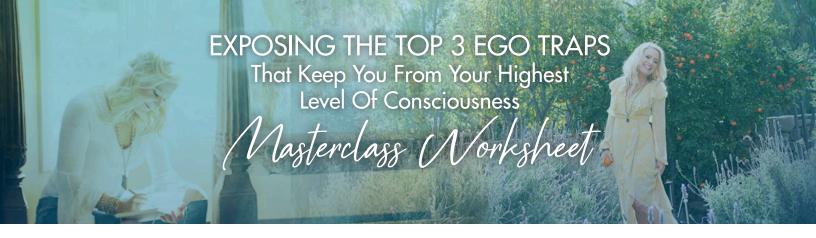
MY CURRENT LIFE

List any problems, challenges, struggles or limiting beliefs that you are currently experiencing and would like to change. It can be anything. For example, are you worried about money? Are you lonely? Are struggling with emotional ups and downs of stress, fear, guilt, anxiety or anger? Do you have health problems? Do you feel unsatisfied in your relationship? Underappreciated? Unloved? In judgment of yourself? Trying to figure out your life purpose....?



MY NEW LIFE

_	ou like more mor	ney? More time wi	ed, absolutely happy and th loved ones? Adventure nd less stress?
\rightarrow			



Write Down Your Insights While Watching the Masterclass

Think of a time you wanted to step into your bigger and g not ready.	greater life, but felt scared or
What part of your life would like to expand?	
Trap #1:	
It's Truth:	

Trap #1 Recap:

- You have learned that you're never going to be ready for your bigger and greater life that is outside of your box.
- That you'll always automatically experience some level of the Ego's Default Consciousness of fear in the form of feeling scared or anxious, feeling that you need more confidence, or are having self-doubt before you choose.
- You can expect that the Ego will present fear, it will come up!

What are some limiting beliefs you have about yourself and your life?

cording to Rikka, how do you stop a limiting belief from energetically blocking yours formation?				
7				
	do you stop a limitin	do you stop a limiting belief from energet		

Trap #2 Recap:

- The Ego's default mode network program is made up of beliefs.
- All beliefs are not real or true. They are simply a perspective that you see and experience life through.
- To free yourself from your limiting beliefs, simply run the process you learned to quickly expand out of those beliefs.
- You can eliminate any future reaction and preprogram yourself to go into a reaction of love instead of resistance so the belief can no longer limit you.

EXPOSING THE TOP 3 EGO TRAPS That Keep You From Your Highest Level Of Consciousness Masterclass Norksheet

What is the #1 mistake you might be making every day that guarantees you stay in the Ego's failure cycle?

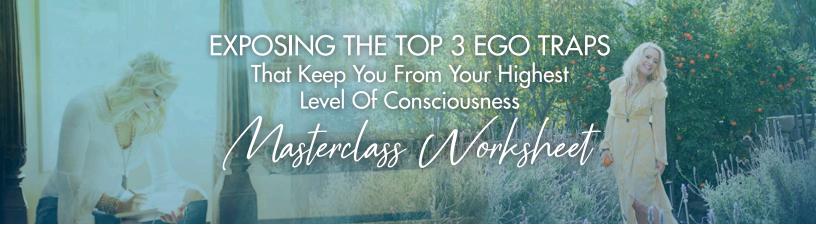
What is the key question you can use, that will get you to go around this #1 limit and bust through your box and into your greatest life?	tation
and bust through your box and into your greatest me:	
Trap #3:	
It's Truth:	

Trap #3 Recap:

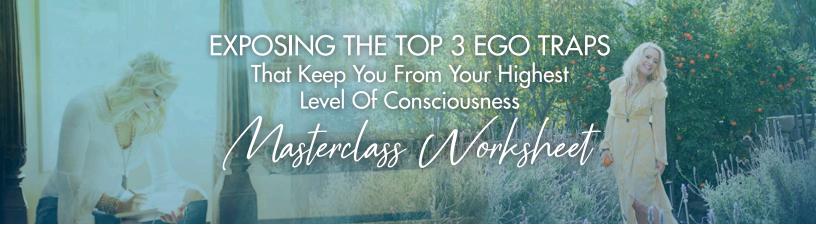
- When you listen to your mind you will inadvertently choose from the Ego's default mode network and continue to manifest what you don't want in life.
- The mind tricks you into believing that whatever is outside the box is scary.
- The mind tells you that you can't choose what's outside your box because you will just repeat past experiences.
- The mind fools you into believing you need to fix something before you can choose.

EXPOSING THE TOP 3 EGO TRAPS That Keep You From Your Highest Level Of Consciousness Masterclass Worksheet

Look at the next 30 d be anything and man	_			_
look like for your rela	tionship, career,	health and overall o	daily experience?	
What would it cost y are now?	ou NOT to step i	into alignment and	d continue living	exactly as you



YOUR OWN NOTES:



YOUR OWN NOTES: