



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:

- 1 | 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.



EXPOSING THE TOP 3 EGO TRAPS

That Keep You From Your Highest
Level Of Consciousness

Masterclass Worksheet

Write Down Your Insights While Watching the Masterclass

Think of a time you wanted to step into your bigger and greater life, but felt scared or not ready.

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!



EXPOSING THE TOP 3 EGO TRAPS

That Keep You From Your Highest
Level Of Consciousness

Masterclass Worksheet

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

According to Rikka, how do you stop a limiting belief from energetically blocking your transformation?

Trap #2: _____

It's Truth: _____

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 Worksheet

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 limitation and bust through your box and into your greatest life?

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 days and imagine living a life in total alignment where you can choose to be anything and manifest the life experiences you've been dreaming about. What would that look like for your relationship, career, health and overall daily experience?

What would it cost you NOT to step into alignment and continue living exactly as you are now?



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

Masterclass Worksheet

YOUR OWN NOTES:



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

Masterclass Worksheet

YOUR OWN NOTES: