

Metanoia 2024 – The Dragon Edition

## Transforming Inherited Beliefs

What I most want in life:

How that is different from what your parents and ancestors wanted:

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Beliefs you inherited from your mother:

Beliefs you inherited from your father:

Beliefs and ways of life you inherited from your culture:

Ways in which I'm similar to my parents, even if I don't like it (be honest):

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Which of the above beliefs hinder you from achieving your life's dream?

Rewrite those beliefs: