

The Dickens Process

WHAT ARE YOUR BELIEFS COSTING YOU?

Handicapping Belief #1

- What have you lost because of this belief?
- What has it cost you in the past?
- What has it cost those you love?

- What are you currently losing because of this belief?
- What is this belief costing you?
- What is it costing those you love?

- What will you lose in the future because of this belief?
- What will it cost you?
- What will it cost those you love?



The Dickens Process

WHAT ARE YOUR BELIEFS COSTING YOU?

Handicapping Belief #2

- What have you lost because of this belief?
- What has it cost you in the past?
- What has it cost those you love?

- What are you currently losing because of this belief?
- What is this belief costing you now?
- What is it costing those you love?

- What will you lose in the future because of this belief?
- What will it cost you?
- What will it cost those you love?

