

## MODULE NINE

# BREAKING THROUGH YOUR UPPER LIMIT!

SESSION ONE:  
THE UPPER LIMITING  
PROBLEM

SESSION TWO:  
UPPER LIMITING  
BEHAVIOR

SESSION THREE:  
BREAKING THROUGH

SESSION ONE

THE UPPER  
LIMITING  
PROBLEM

NOTE

HAT ARE YOUR UPPER LIMIT BARRIER

HERE DO YOU THINK THEY ORIGINATE

HAT DO THEY TOP YOU FROM A HIE ING

SESSION TWO

UPPER  
LIMITING  
BEHA IOR

NOTES:

WHAT ARE YOUR UPPER LIMITING BEHAVIOR OR HABIT

WHICH ONE DO YOU LIKE TO ELIMINATE

WHAT STEP WILL YOU TAKE TO ELIMINATE THEM

SESSION THREE

BREAKING  
THROUGH

WHAT IS THE OBSTACLE THAT YOU HAVE  
OVERCOME WITH YOUR EL

IN WHAT WAY WOULD YOU LIKE TO HIT THAT  
OBSTACLE

WHAT WILL BE POSSIBLE WHEN YOU DO

## NOTES



What is your most important insight or takeaway from this month?

What are you still curious about or trying to understand?

What commitment do you want to make to yourself moving forward?

Let the beauty we love be what we do. There are  
hundreds of ways to kneel and kiss the ground.  
-Rumi