5 Week Workbook

Shattered Glass:

Break the Limits and Claim Your Happiness, Success, and Freedom

Your beliefs shape your reality—
let's rewrite the script.

with
Mary Ayers, PhD

Welcome to the Shattered Glass Workshop!

I'm thrilled to embark on this transformative journey with you. Over the next few weeks, we'll work together to identify and shatter the limiting beliefs that have been holding you back, allowing you to step into a more empowered and authentic version of yourself.

Workshop Goals and Structure:

My primary goal is to help you:

- Identify Limiting Beliefs: Uncover the subconscious thoughts that hinder your progress.
- Release and Replace: Let go of these beliefs and replace them with empowering ones.
- Embrace Transformation: Cultivate a mindset that supports your personal and professional growth.

The workshop is structured into weekly sessions, each focusing on a specific area of life where limiting beliefs commonly reside. Through guided exercises, group discussions, and practical tools, you'll gain the clarity and confidence to break through your personal glass ceilings.

Understanding EFT Tapping and Its Benefits:

Emotional Freedom Techniques (EFT), commonly known as tapping, is a powerful tool that combines elements of cognitive therapy and physical touch to address psychological stress and emotional challenges.

Benefits of EFT Tapping:

- Reduces Stress and Anxiety: By tapping on specific meridian points, EFT helps calm the nervous system, reducing feelings of stress and anxiety.
- Releases Limiting Beliefs: EFT allows you to access and release deep-seated beliefs that may be sabotaging your success.
- Enhances Emotional Well-being: Regular tapping can improve your overall emotional health, leading to increased happiness and fulfillment.
- Improves Physical Health: Many practitioners find that EFT can alleviate physical symptoms related to stress, such as headaches or muscle tension.

What Are Ceilings?

Welcome to the Shattered Glass Workshop! This workbook is designed to guide you through identifying and breaking through the invisible ceilings that have been holding you back in relationships, money, success, health, and happiness. Each week, we will work through a structured process using the Shattered Glass System, a step-by-step method to uncover, release, and replace limiting beliefs.

 Before we begin, let's introduce the 5-step system you'll use throughout this workshop to break through your limiting beliefs.

The Shattered Glass System:
5 Steps to Break Through Limiting Beliefs

ë **Spot the Ceiling** (Identify the Block)

- Recognize the invisible ceiling that's been keeping you small and name the belief holding you back.
  - Core Question: "What belief is limiting me in this area of my life?"

í **Feel the Pressure** (Connect with the Emotion)

- Tune into the emotions and physical sensations that arise from this belief.
- Core Questions:
  - "What emotion comes up when you think about this belief?"
  - Where do you feel it in your body?"

ì **Acknowledge the Roots** (Understand Its Origin & Impact)

- Reflect on the past experiences that created this belief and recognize how it has shaped your behaviors and choices.
- Core Questions:
  - "Where did this belief come from?"
  - "How has this belief affected my life?"

î **Shatter the Ceiling** (Release & Break Free)

- Let go of the emotional charge tied to this belief and clear space for something new.
- Core Affirmation: "I am ready to release this belief and step into a new possibility."

ï **Rise Beyond the Glass** (Reclaim & Expand)

- Step into your limitless potential by reinforcing an empowering new belief and taking action to embody it.
- Core Affirmation: "I am free to create a life beyond this ceiling."

Shattered Glass – Week 1

Topic: Relationships – Uncovering Limiting Beliefs

Welcome to Week 1 of the Shattered Glass Workshop! This week, we're diving into the topic of relationships and identifying the limiting beliefs that may be keeping you from building the deep, meaningful connections you desire.

Reflection Questions:

Take a few moments to answer these questions. Be honest and open with yourself. There are no right or wrong answers—only insights to help you uncover what's holding you back.

1.What patterns do you notice in your relationships? Do you feel like you attract the same types of people or situations repeatedly?

2.What stories do you tell yourself about relationships? For example: "I'm not worthy of love" or "People always leave."

3.When did you first start believing these stories? Think back to childhood or early experiences that may have shaped these beliefs.

4.What emotions come up when you think about your relationships? Do you feel sadness, anger, fear, or something else?

5.How would your life change if you released these beliefs? Imagine how your relationships might feel if you no longer held onto these limiting stories.

Common Limiting Beliefs About Relationships:

Here are some common beliefs that may resonate with you. Circle any that feel familiar, or write your own.

- "People always leave me."
- "I'm not worthy of love."
- "I have to be perfect to be loved."
- "I can't trust anyone."
- "Love always ends in pain."
- "I'm better off alone."
- "I'll never find the right partner."

Add some beliefs that you may have:

Tapping Exercise:

We'll address three of the most common beliefs through tapping exercises during our session:

1.People always leave me.

2.I'm not worthy of love.

3.I can't trust anyone.

You'll be guided through a tapping sequence for each belief, allowing you to release the emotional charge associated with it and replace it with a more empowering belief.

Affirmations for Relationships:

After each tapping session, we'll reinforce positive beliefs using affirmations. Here are some examples:

- "I am worthy of love and connection."
- "I trust myself to attract healthy relationships."
- "I release the fear of being abandoned."
- "I open my heart to giving and receiving love."
- "I trust the process of building meaningful connections."

Feel free to write your own affirmations below:

Wrap-Up Reflection:

Take a moment to reflect on today's session:

- What belief resonated with you the most?
- What shifts did you notice during the tapping exercise?
- What new belief are you ready to embrace?

Write your thoughts below:

Thank you for showing up for yourself today. You're taking powerful steps toward breaking through the glass ceiling of limiting beliefs in your relationships. Let's continue this transformative journey together!

Shattered Glass: Week 2
Breaking Through Financial Beliefs

Welcome to Week 2: Finances

This week, we delve into the beliefs that shape our financial reality. Often, these beliefs are deeply rooted in childhood experiences and societal messages. By uncovering and addressing these limiting beliefs, we can begin to shift our relationship with money and abundance.

Reflection Questions

Take some time to reflect and write your responses to the following questions. These will help you identify the beliefs and emotions that may be affecting your financial situation:

1. When you think about money, what thoughts or feelings immediately come to mind? (e.g., stress, excitement, fear, resentment)

2.What do you believe about your ability to earn and manage money? (e.g., "I'm bad with money," "I'll never earn enough.")

3. What experiences or memories come up when you think about financial struggles? (Describe specific events or patterns.)

4. What's the most painful belief you hold about money? How does it make you feel?

5. What's one financial decision you regret, and what do you believe about yourself because of it?

6. What do you notice about how you handle financial opportunities or risks?

7. If someone close to you described your approach to money, what would they say?

Top 7 Limiting Beliefs About Finances

Below are seven common limiting beliefs that may resonate with you. As you read through them, notice any physical sensations, emotions, or memories that surface.

- Money is the root of all evil.
- I'll never have enough.
- I'm not good with money.
- Rich people are selfish or greedy.
- I have to work too hard to make ends meet.
- I'm not worthy of financial abundance.
- If I make more money, people won't like me.

Add some beliefs that you may have:

Affirmations for Finances

Use these affirmations to begin rewriting the beliefs you've identified. Say them aloud or write them down as part of your daily practice.

- Money flows to me with ease and abundance.
- I am capable of managing and growing my wealth.
- I release the fear of not having enough and embrace financial security.
- I deserve to be successful and abundant.
- I welcome opportunities to increase my income and wealth.
- I view money as a tool that supports my highest good.
- I am grateful for the abundance in my life, and it continues to grow.

Feel free to add affirmation of your own:

Takeaways and Homework

1. Reflection: Revisit your answers to the reflection questions throughout the week. Notice any additional beliefs or emotions that come up. Jot them down in the notes section below.

2. Affirmations Practice: Choose one or two affirmations that resonate most with you. Write them on sticky notes and place them where you'll see them daily (e.g., on your mirror or computer screen).

3. Observation: Pay attention to how these beliefs show up in your financial decisions this week. Write down any insights or shifts you notice.

Notes

Use this space to record your thoughts, feelings, and any "aha" moments that arise during this week.

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Shattered Glass: Week 3
Breaking Through Success Beliefs

Welcome to Week 3: Success

This week, we explore the beliefs that shape how we define and pursue success. These beliefs often stem from societal expectations, personal experiences, and family dynamics. By identifying and addressing limiting beliefs, we can create a new vision of success that aligns with our authentic selves.

Reflection Questions

Take some time to reflect and write your responses to the following questions. These will help you uncover the beliefs and emotions influencing your relationship with success:

1.What does success mean to you?
(e.g., achieving goals, recognition, financial stability)

2.What beliefs about success did you learn from your family or culture?

3.What do you fear about being successful?
(e.g., loss of privacy, judgment from others, increased pressure)

4.What do you believe about your ability to achieve your goals?

5.What's one past experience where you felt like you failed? What belief did that create?

6.What emotions come up when you think about pursuing success?

7.If someone close to you described your relationship with success, what would they say?

Top 7 Limiting Beliefs About Success

Below are seven common limiting beliefs about success. As you read through them, notice any physical sensations, emotions, or memories that surface:

- I'm not smart or talented enough to succeed.
- Success means sacrificing my happiness or relationships.
- If I succeed, people will expect too much of me.
- I don't deserve to be successful.
- I'll fail if I try, so why bother?
- Being successful will make me arrogant or selfish.
- I'm too old/young to succeed.

Add some beliefs that you may have:

Affirmations for Success

Use these affirmations to begin rewriting the beliefs you've identified. Say them aloud or write them down as part of your daily practice:

- I am capable of achieving my goals and dreams.
- Success aligns with my values and brings joy to my life.
- I am worthy of all the success and abundance that comes my way.
- I learn and grow from every experience, even setbacks.
- I embrace my unique path to success with confidence and ease.
- I celebrate my progress and acknowledge my achievements.
- Success is my birthright, and I claim it with gratitude.

Feel free to add some affirmations of your own:

Takeaways and Homework

1.Reflection: Revisit your answers to the reflection questions throughout the week. Notice any additional beliefs or emotions that come up. Jot them down in the notes section below.

2.Affirmations Practice: Choose one or two affirmations that resonate most with you. Write them on sticky notes and place them where you'll see them daily (e.g., on your mirror or computer screen).

3.Observation: Pay attention to how these beliefs show up in your decisions or actions related to success this week. Write down any insights or shifts you notice.

Notes

Use this space to record your thoughts, feelings, and any "aha" moments that arise during this week.

Thank you for showing up for yourself today. You're taking powerful steps toward breaking through the glass ceiling of limiting beliefs in your relationships. Let's continue this transformative journey together!

Shattered Glass: Week 4 Workbook
Breaking Through Health Beliefs

Welcome to Week 4: Health

This week, we turn our attention to the beliefs that impact our health and well-being. These beliefs often originate from societal messages, family attitudes, and personal experiences. By identifying limiting beliefs, we can begin to make choices that support vibrant health and self-care.

Reflection Questions

Take some time to reflect and write your responses to the following questions. These will help you uncover the beliefs and emotions influencing your relationship with health:

1.What does being healthy mean to you?
(e.g., physical vitality, mental clarity, emotional balance)

2.What beliefs about health did you learn from your family or culture?

3.What do you fear about prioritizing your health?
(e.g., time constraints, judgment, financial costs)

4.What do you believe about your ability to improve your health?

5.What's one past experience where you felt powerless about your health? What belief did that create?

6.What emotions come up when you think about making healthier choices?

7.If someone close to you described your relationship with health, what would they say?

Top 7 Limiting Beliefs About Health

Below are seven common limiting beliefs about health. As you read through them, notice any physical sensations, emotions, or memories that surface:

- I don't have time to focus on my health.
- Taking care of my health is selfish.
- No matter what I do, my health won't improve.
- It's too late for me to get healthy.
- I can't afford to be healthy.
- I don't deserve to feel good in my body.
- Healthy habits are too hard to maintain.

Add some beliefs that you may have:

Affirmations for Health

Use these affirmations to begin rewriting the beliefs you've identified. Say them aloud or write them down as part of your daily practice:

- I prioritize my health because I deserve to feel my best.
- Taking care of my health is an act of self-love and respect.
- Every small step I take supports my journey to vibrant health.
- It's never too late to nurture my body, mind, and spirit.
- I invest in my health, knowing it's the foundation of a joyful life.
- I am grateful for the ways my body supports me every day.
- Healthy habits feel natural and rewarding to me.

Feel free to add some affirmations that resonate with you:

Takeaways and Homework

1.Reflection: Revisit your answers to the reflection questions throughout the week. Notice any additional beliefs or emotions that come up. Jot them down in the notes section below.

2.Affirmations Practice: Choose one or two affirmations that resonate most with you. Write them on sticky notes and place them where you'll see them daily (e.g., on your mirror or computer screen).

3.Observation: Pay attention to how these beliefs show up in your decisions or actions related to health this week. Write down any insights or shifts you notice.

Notes

Use this space to record your thoughts, feelings, and any "aha" moments that arise during this week.

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Shattered Glass: Week 5 Workbook
Breaking Through Happiness Beliefs

Welcome to Week 5: Happiness

This week, we turn our attention to beliefs about happiness. Many of us carry deeply ingrained ideas about what it means to be happy, who deserves happiness, and how attainable it is. These beliefs can hold us back from fully experiencing joy and fulfillment in life. Together, we'll uncover and reframe these beliefs to create space for greater happiness.

Reflection Questions

Reflect and write your responses to these questions to identify beliefs and emotions tied to happiness:

1.What does happiness mean to you?
(e.g., contentment, achieving goals, having close relationships)

2.What beliefs about happiness did you learn from your family or culture?

3.What do you fear about being happy?
(e.g., losing it, being judged, feeling it's undeserved)

4.Do you believe happiness is sustainable? Why or why not?

5.What's one past experience where you felt truly happy? What belief did it affirm or create?

6.What emotions come up when you think about pursuing happiness?

7.If someone close to you described your relationship with happiness, what would they say?

Top 7 Limiting Beliefs About Happiness

Below are seven common limiting beliefs about happiness. As you read through them, notice any physical sensations, emotions, or memories that surface:

- Happiness doesn't last; it's fleeting and unreliable.
- I'll be happy when I achieve _____.
- I'm not the kind of person who can be truly happy.
- If I'm happy, something bad will happen to ruin it.
- Focusing on my happiness is selfish.
- I don't deserve to be happy.
- Happiness isn't realistic for people like me.

Add some beliefs that you may have:

Affirmations for Happiness

Use these affirmations to begin rewriting the beliefs you've identified. Say them aloud or write them down as part of your daily practice:

- Happiness is my natural state, and I welcome it into my life.
- I deserve to experience joy and fulfillment every day.
- I release fear and embrace the present moment with gratitude.
- Happiness is available to me right now, just as I am.
- I am worthy of love, laughter, and all the good life has to offer.
- My happiness inspires others to embrace their own joy.
- I create my own happiness, independent of external circumstances.

Feel free to add some affirmations that resonate with you:

Takeaways and Homework

1.Reflection: Revisit your answers to the reflection questions throughout the week. Notice any additional beliefs or emotions that come up. Jot them down in the notes section below.

2.Affirmations Practice: Choose one or two affirmations that resonate most with you. Write them on sticky notes and place them where you'll see them daily (e.g., on your mirror or computer screen).

3.Observation: Pay attention to how these beliefs show up in your decisions or actions related to happiness this week. Write down any insights or shifts you notice.

Notes

Use this space to record your thoughts, feelings, and any "aha" moments that arise during this week.

Thank you for showing up for yourself for these 5 weeks.

YOU are absolutely amazing!!!

I am so excited for you now that you have cleared some beliefs that no longer serve you. This is your time...watch for small shifts that are evidence that you have cleared some old beliefs that have kept your life small!