

*Spiritual Practice*



# ROOTS MODEL

Sometimes our old beliefs seem to return out of nowhere! Use this model to pull them out of your subconscious by their ROOTS!

**R = Recognize the old belief**

**O = Own It**

**O = Opportunities the new belief offers**

**T = Triumph over the old belief**

**S = Sustain the new belief**

*Spiritual Practice*



# ROOTS MODEL

Sometimes our old beliefs seem to return out of nowhere! Use this model to pull them out of your subconscious by their ROOTS!

**R = Recognize the old belief**

**O = Own It**

**O = Opportunities the new belief offers**

**T = Triumph over the old belief**

**S = Sustain the new belief**

**HOW!?**