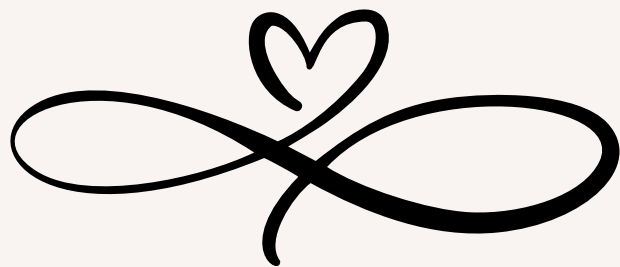


BELIEF BRIDGE

FOR STRONG AFFIRMATIONS



WORKBOOK

LAURA ERDMAN-LUNTZ

Welcome

Let's shift your beliefs and build powerful affirmations that help you move beyond those beliefs that are holding you back!

Be sure you check out the video that goes with this workbook:



The Belief Bridge: The Secret to Manifesting in Midlife

Print as many copies of the worksheet as you need - one per belief - and get to work!
I enjoy sitting down with a cup of tea or glass of wine to let my heart open up and find the words that begin to make a difference.

Once you have the right statements, check out this video for learning how to stand to make your affirmations more powerful:

STAND TALL: From FEAR to EXCITEMENT on the Yoga Mat

Just do it step-by-step!

Peace & miracles,

Laura Erdman-Luntz



ABOUT LAURA

Laura has been a Life Coach and Yoga Educator for over 30 years, inspiring people to live their Extraordinary Lives. She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs.

Belief Bridge: Ex 1

Step 1: Name Your Limiting Belief

"I'm too old to start over."

Step 2: Write Your Desired Belief - Your "I've GOT this!"

"This is my best act yet. I'm so excited."

Step 3: Build the Bridge (write 3-5 in-between beliefs that feel true enough to practice):

1. "Some women have reinvented themselves at my age."

2. "If they can do it, maybe I can too."

3. "I'm already making small shifts that prove it's possible."

4. "I'm becoming the kind of woman who creates her next chapter with power."

5.

Step 4: Daily Practice: Circle 1 affirmation to repeat daily.

Step 5: Look for evidence that supports it (journal 1-2 examples).

Step 5: Cross the Bridge: When your phrase feels real, do another statement that takes you further over the bridge.

Belief Bridge: Ex 2

Step 1: Name Your Limiting Belief

"I can't lose weight."

Step 2: Write Your Desired Belief - Your "I've GOT this!"

"I can feel strong, energized, and at home in my body."

Step 3: Build the Bridge (write 3-5 in-between beliefs that feel true enough to practice):

1. "Some women in midlife have released weight and gained energy."

2. "If they can do it, maybe I can too."

3. "I've already made small changes and I know my body will respond."

4. "I know I can take the actions I need so my body is energized."

5.

Step 4: Daily Practice: Circle 1 affirmation to repeat daily.

Step 5: Look for evidence that supports it (journal 1-2 examples).

Step 5: Cross the Bridge: When your phrase feels real, do another statement that takes you further over the bridge.

Belief Bridge

Step 1: Name Your Limiting Belief

Step 2: Write Your Desired Belief

Step 3: Build the Bridge (write 3–5 in-between beliefs that feel true enough to practice):

1.

2.

3.

4.

5.

Step 4: Daily Practice: Circle 1 affirmation to repeat daily.

Step 5: Look for evidence that supports it (journal 1–2 examples).

Step 5: Cross the Bridge: When your phrase feels real, do another statement that takes you further over the bridge.

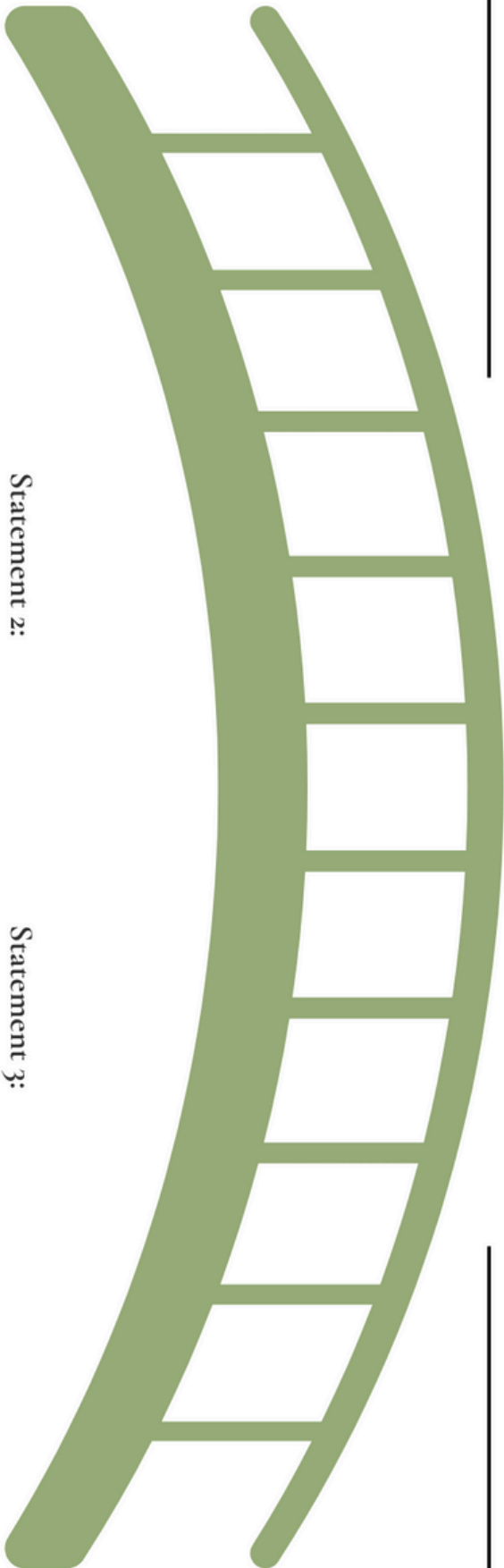
Belief Bridge

Starting Point

Name your limiting belief:

Final Point:

Your "I've GOT this!"



Statement 2:

Statement 3:

Statement 1:

Statement 4:



LAURA ERDMAN-LUNTZ

WANT TO LEARN MORE?

Check out the **FREE** video:

*Midlife & Feeling STUCK in Your Manifesting?
Manifesting Map for Women in Midlife*

[Click here](#) or scan:



✦ Manifesting in Midlife? You're not behind — you're just in your becoming. In this podcast episode, I'm sharing the real reasons manifestation feels harder for midlife women — and the 6-step method I use to help you reset your energy, get clear, and actually receive what you desire.

If you've felt stuck, burned out, or like manifesting just "doesn't work for you" — this is where it shifts. As women in our 40s, 50s, and beyond, we're wiser, stronger, and so ready to live for ourselves — but we've also inherited outdated beliefs that block our ability to dream, trust, and receive.

[CLICK TO PURCHASE THE OPTIONAL
WORKBOOK FOR JUST \\$11.11](#)