Turn Limiting Beliefs into Empowering Beliefs with Chat GPT and Adobe Express

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Turn Limiting Beliefs into Empowering Beliefs: Have you ever found yourself held back by limiting thoughts, personal or professional? This class is designed just for you! We're leveraging the conversational prowess of ChatGPT to help transform those restrictive thoughts into empowering ones. Pair this with the creative capabilities of Adobe Express, and you'll craft your personalized graphic belief plan. It's all about reshaping your mindset because the dialogue we have with ourselves plays a crucial role.

This class welcomes participants of all levels. If you're new to Adobe Express, consider checking out my class "Create a Digital Business Card with Adobe Express" for a more in-depth look at the basics. However, feel free to join me without prior experience.

What You'll Learn:

- Differentiating between limiting and empowering beliefs
- Understanding the concept of a belief plan
- Identifying your own limiting beliefs
- Crafting empowering beliefs using the power of ChatGPT
- Building your belief plan with Adobe Express
- Developing an evidence list to reinforce your new beliefs

All you need is your computer and a free ChatGPT and Adobe Express account. You're good to go if you're already subscribed to Adobe Creative Cloud. Let's embark on this journey of transforming your mindset together!

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