

OVERCOMING YOUR LIMITING BELIEFS



LIST YOUR LIMITING BELIEFS

What beliefs do you have about yourself that limit you? What do you believe is holding you back from the life you desire?

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Limiting Belief 1

When did this limiting belief start? Describe the event/s that you believe triggered this belief.

What made you think it's true?

Are the event/s described above still true?

What has this belief cost you? How has it affected your attitudes or behavior?
Write down examples of how this limiting belief has held you back.

Imagine if you didn't have this limiting belief. What would be different? What impact would this have on what you could achieve?

What if you are wrong? Think of evidence to disprove this belief.

Reframing

1. Recognize the limiting belief.
2. Reject it.
3. Reframe it into a positive empowering belief.
4. Write down 3-4 statements that support this empowering belief.

Positive empowering belief:

Evidence to support this empowering belief:

The idea is to replace the limiting beliefs with new beliefs that empower us and become part of our identity.

Thank this belief for how it has protected you and release it.

Limiting Belief 2

When did this limiting belief start? Describe the event/s that you believe triggered this belief.

What made you think it's true?

Are the event/s described above still true?

What has this belief cost you? How has it affected your attitudes or behavior?
Write down examples of how this limiting belief has held you back.

Imagine if you didn't have this limiting belief. What would be different? What impact would this have on what you could achieve?

What if you are wrong? Think of evidence to disprove this belief.

Reframing

5. Recognize the limiting belief.
6. Reject it.
7. Reframe it into a positive empowering belief.
8. Write down 3-4 statements that support this empowering belief.

Positive empowering belief:

Evidence to support this empowering belief:

The idea is to replace the limiting beliefs with new beliefs that empower us and become part of our identity.

Thank this belief for how it has protected you and release it.

Limiting Belief 3

When did this limiting belief start? Describe the event/s that you believe triggered this belief.

What made you think it's true?

Are the event/s described above still true?

What has this belief cost you? How has it affected your attitudes or behavior?
Write down examples of how this limiting belief has held you back.

Imagine if you didn't have this limiting belief. What would be different? What impact would this have on what you could achieve?

What if you are wrong? Think of evidence to disprove this belief.

Reframing

9. Recognize the limiting belief.
10. Reject it.
11. Reframe it into a positive empowering belief.
12. Write down 3-4 statements that support this empowering belief.

Positive empowering belief:

Evidence to support this empowering belief:

The idea is to replace the limiting beliefs with new beliefs that empower us and become part of our identity.

Thank this belief for how it has protected you and release it.

Limiting Belief 4

When did this limiting belief start? Describe the event/s that you believe triggered this belief.

What made you think it's true?

Are the event/s described above still true?

What has this belief cost you? How has it affected your attitudes or behavior?

Write down examples of how this limiting belief has held you back.

Imagine if you didn't have this limiting belief. What would be different? What impact would this have on what you could achieve?

What if you are wrong? Think of evidence to disprove this belief.

Reframing

13. Recognize the limiting belief.
14. Reject it.
15. Reframe it into a positive empowering belief.
16. Write down 3-4 statements that support this empowering belief.

Positive empowering belief:

Evidence to support this empowering belief:

The idea is to replace the limiting beliefs with new beliefs that empower us and become part of our identity.

Thank this belief for how it has protected you and release it.

Limiting Belief 5

When did this limiting belief start? Describe the event/s that you believe triggered this belief.

What made you think it's true?

Are the event/s described above still true?

What has this belief cost you? How has it affected your attitudes or behavior?
Write down examples of how this limiting belief has held you back.

Imagine if you didn't have this limiting belief. What would be different? What impact would this have on what you could achieve?

What if you are wrong? Think of evidence to disprove this belief.

Reframing

17. Recognize the limiting belief.
18. Reject it.
19. Reframe it into a positive empowering belief.
20. Write down 3-4 statements that support this empowering belief.

Positive empowering belief:

Evidence to support this empowering belief:

The idea is to replace the limiting beliefs with new beliefs that empower us and become part of our identity.

Thank this belief for how it has protected you and release it.