



LIMITING BELIEFS

Limiting beliefs are deeply personal and unquestioned ideas about who you are and what you can expect from the world. These beliefs go way back and are often not true. Here are some common limiting beliefs:

- *I'm not _____ enough (good, smart, strong, thin, pretty, rich, etc.)*
- *I'm too _____ (old, young, serious, silly, bossy, quiet, etc.)*
- *I'm not worthy of _____ (love, attention, praise, success, etc.)*

- *My relationships, business ventures, creative ideas never work out.*
- *Life is always hard.*
- *I have to be perfect.*

What limiting beliefs above do you have?

- 1.
- 2.
- 3.

What are your beliefs keeping you from?

In what way are they NOT true?

Questioning the belief allows you to step back and analyze it with your thinking brain and plant a seed of doubt. **Do not underestimate this step!** The reason your limiting beliefs have hung around for so long is because subconsciously you remain certain they are true. They are incorrect judgments! Not universal truths.

What empowering statement can you replace it with?

Examples include *I am learning. I am real. I am brave. It is possible. There is enough.*

Now, take 60 seconds and picture yourself living out the empowering belief. What does it look like for everything to be ok? Picture that you are provided for, not too old, or too late, whatever your empowering belief says. Your brain cannot distinguish between a vision in your mind from an experience in real life, so this exercise allows you to act as though the empowering belief were already true.