

LIMITING BELIEFS

BREAKING FREE FROM LIMITING BELIEFS

STEP 1: IDENTIFYING LIMITING BELIEFS

Take a moment to reflect on the thoughts, fears, and patterns that may be holding you back. Answer the following questions to uncover your limiting beliefs:

- What negative thoughts do I have about my abilities or worth?
 - Example: "I'm not good enough to succeed."
- What fears stop me from pursuing my goals?
 - Example: "I'm afraid of failing if I try something new."
- What's something I've been told that feels like a barrier in my life?
 - Example: "You're not creative enough to do that."
- What excuses do I make when I avoid taking action?
 - Example: "I don't have the time or resources to start."
- When I imagine success, what inner voice tells me I can't achieve it?
 - Example: "People like me don't succeed."

BELIEF MAPPING

For each belief, write it out and explore its source and impact.

BELIEF	WHERE DOES THIS BELIEF COME FROM?	HOW DOES THIS BELIEF BENEFIT ME?	HOW MUCH TIME & ENERGY HAVE I WASTED BELIEVING THIS?

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STEP 2: CHALLENGING LIMITING BELIEFS

Now that you've identified your limiting beliefs, let's challenge them with the following prompts:

- Is this belief 100% true in every circumstance?
- What evidence do I have that this belief is false?
- What's one example of a time I succeeded despite having this belief?
- How would I act if I believed the opposite?

Use the table below to challenge your beliefs:

LIMITING BELIEF	ABSOLUTE OR RELATIVE TRUTH?	COUNTER-EVIDENCE	HOW I WOULD ACT DIFFERENTLY

STEP 3: REPLACING LIMITING BELIEFS

Rewrite each limiting belief as a positive, empowering statement. Use the prompts below to guide you:

- If a friend shared this belief, how would I encourage them to see it differently?
- What words would inspire me to believe I am capable and worthy?
- What small action could I take today to prove this new belief is true?

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Fill out the table below to reframe your beliefs:

LIMITING BELIEF	REFRAMED BELIEF	FIRST ACTION STEP

20 EXAMPLES OF LIMITING BELIEFS

Here are examples of common limiting beliefs. Use these as inspiration to reflect on your own:

1. I'm not smart enough to succeed.
2. I'll fail if I try something new.
3. I don't have enough time to work on my goals.
4. I'm too old to start over.
5. I'm too young to be taken seriously.
6. I need to be perfect before I can succeed.
7. I don't have the money to make it happen.
8. I don't deserve to be happy or successful.
9. I can't make a living doing what I love.
10. I'm not creative enough.
11. Successful people have something I don't.
12. I'm not attractive enough to be confident.
13. I don't have the connections to succeed.
14. I'm bad at managing money, so I'll always struggle financially.
15. Other people's opinions of me define my worth.
16. I've failed in the past, so I'll fail again.
17. I'm too shy to put myself out there.

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20 EXAMPLES OF LIMITING BELIEFS, CONT'D.

18. I'm a procrastinator, so I can't be successful.
19. I don't have the right education or training to achieve my goals.
20. If I succeed, I'll lose my friends or family's support.

STEP 4: OVERCOMING LIMITING BELIEFS

Here are strategies to help you move past limiting beliefs:

- **Gratitude Practice:** Focus on what you have and can do to shift your mindset.
- **Visualization:** Imagine yourself achieving your goals despite the belief.
- **Affirmations:** Repeat positive affirmations daily.
- **Small Wins:** Take small steps to build confidence.
- **Seek Support:** Surround yourself with uplifting people.
- **Revisit Past Successes:** Reflect on times you succeeded despite challenges.
- **Professional Help:** Work with a coach or therapist to address deeper beliefs.
- **Journaling:** Write about your fears and how you can overcome them.
- **Focus on Growth:** See failure as feedback and an opportunity to grow.
- **Track Progress:** Celebrate every step forward to reinforce positive momentum.

FINAL THOUGHT

Limiting beliefs are simply thoughts—not facts. By challenging and reframing them, you can create a mindset that empowers you to achieve anything you dream of. Believe in yourself, take action, and rewrite your story!

FEAR SETTING

NOT GOAL SETTING

OVERCOME PARALYSIS BASED ON FEAR WITH VISUALIZING WORSE CASE SCENARIOS OF YOUR FEAR.

“What if I _____ [thing afraid of]?”

Define

Worse case scenarios. List 10-20.

Prevent

What can I do to prevent or decrease the likelihood of this happening?

FEAR SETTING

NOT GOAL SETTING

Repair

If a worse case scenario happens, what can I do to repair or who can I ask for help?

What might be the benefits of an attempt with success or even partial success?

For example, build confidence, develop skills, financial benefits, open up opportunities, etc. List the benefits of a base hit.

FEAR SETTING

NOT GOAL SETTING

COST OF INACTION

If I avoid this idea/action/decision AND DECISIONS LIKE IT, what might my life be like in 6 months, 12 months, 3 years?

What would it cost you emotionally, physically, financially, etc. if you didn't do it in...

6 MONTHS

12 MONTHS

3 YEARS

Now rank on a scale of 1-10; 1 is min impact and 10 is max impact.

Are you saying no to a 7-10 positive impact for a 1-3 negative life changing impact?