



3. Go back and circle and the two top reasons- the strongest ones holding you back. Write them down below. After each belief, write down WHY you believe this. Identify experiences in the past that might be fueling this belief. Or things people have said.

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4. Now, for those two beliefs, write down evidence against it. For example, it might have been true 20 years ago, but is no longer valid. Was that person’s criticism valid? What have you learned that has changed this? What CAN you learn to change this? Come up with everything you can to discredit those “whys”.

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5. What has holding onto this limiting belief cost you?

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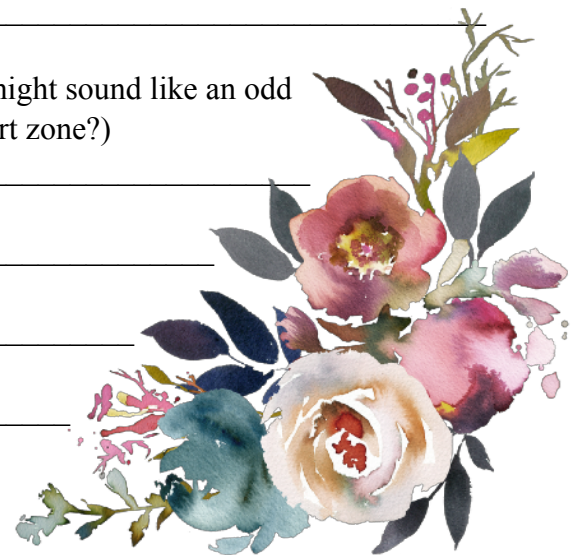
6. How has holding onto this limiting belief benefited you? (This might sound like an odd question. But has it been easier, for example, to stay in your comfort zone?)

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7. Who could you be without this thought? Dream big! Once your limiting beliefs let go, you'll be amazed at how far you can progress.

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8. Turn your limiting belief around and make it a freeing belief. For example, turn "I can't make any money" into "I can always make more money". Or "I will never be happy" into "Happiness is limitless and I can experience it." Don't worry if the belief doesn't *feel* authentic yet. You need to rewire yourself into your new belief.

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9. If you lived this new thought as if it were true, what would your new actions be? What goals would you set? What would you strive for?

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Write down your new belief that you're going to embrace in the area below.  
Read it everyday. And start taking actions based on believing this.

