

5 DAY MINDSET COURSE

DAY 1: Limiting Beliefs

A limiting belief is a false belief that a person acquires as a result of making an incorrect conclusion about something in life. For example, a person could acquire a limiting belief about his ability to succeed as soon as he fails.

As instructed in the video lesson, today we are going to take a look at what limiting beliefs you are carrying around with you. Feel free to print this worksheet and use it as a journal to record your limiting beliefs as they pop up.

Start writing down those nagging beliefs. Remember: be kind to yourself and don't judge the things that come up.

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Remember, if you have trouble identifying those pesky beliefs, you can ask yourself,

" Is this FACT or FICTION? Is this a truth or a lie?"

Another quick tip to discover a limiting belief is to think of a goal that you want to achieve (EX: I want to apply for a raise). After you think of the goal, pay attention to the BUT that follows. What creeps in? What is the BUT that comes after your goal. Chances are that is a limiting belief.

Once you have your limiting belief, you are going to follow this step by step process to reverse it.

STEP 1: IDENTIFY

STEP 2: QUESTION

STEP 3: CROSS IT OUT

STEP 4: REVERSE IT

STEP 5: VISUALIZE IT

STEP 6: TAKE A DIFFERENT ACTION

*RINSE AND REPEAT

See the example on the next page!!!

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EXAMPLE:

STEP 1: IDENTIFY: I am not enough, I am not good enough.

STEP 2: QUESTION: Is this the truth? Or is this a belief that I am holding on to that has been passed on down to me? This is NOT a truth.

STEP 3: CROSS IT OUT: Take a giant RED marker and mark a giant X through your limiting belief. YES, do this! Don't skip it. While you are X'ing it out, visualize this X as taking away that belief.

STEP 4: REVERSE IT: I am ENOUGH. I am perfect just the way I am.

STEP 5: VISUALIZE IT: Visualize what this new belief looks like, visualize you with this new belief, and how you act with this new belief.

STEP 6: TAKE A DIFFERENT ACTION: Take an action that matches your new belief, even if it is scary. Don't worry. We are covering fear in another lesson this week!

RISNE AND REPEAT!

Ok beautiful, now let`s get to work.

STEP 1: IDENTIFY:

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STEP 2: QUESTION:

STEP 3: REVERSE IT:

STEP 4: CROSS IT OUT

STEP 5: VISUALIZE IT

STEP 6: TAKE A DIFFERENT ACTION

To repeat this with more than 1 limiting belief, print several copies of this.

I know this tough but keep going, you got this!