

# 4 STEPS TO BANISH LIMITING BELIEFS

*Awakened Imagination*

MANIFESTATION. MINDSET. TRANSFORMATION.



# Hi Beautiful!



Welcome to the first steps in creating your new life!

I'm thrilled you decided to download this guide, because in the next few pages we're going to work together to banish your limiting beliefs for good.

If we haven't already met, my name is Missy Renee and I'm a manifestation and mindset coach. My purpose is to guide you to awaken to your powers as a conscious creator and manifest the badass life you've always dreamed of.

The purpose of this journey is to bring about a radical transformation or a psychological change in the self. To bring about this change, we have to first take an objective look at our very foundations: our beliefs and self-concept.

When looking to make a change in life, we must always start by going within. The reason is because there is a definite connection between our beliefs and the external situations and events in life. Our outer world always mirrors our inner world, so to change your circumstances on the outside you must first change the concept of self on the inside.

I created this worksheet so that you'll have a step-by-step guide outlining exactly what you'll need to do to uncover your limiting beliefs and banish them for good.

Doing the inner work is not always the easy or fun part, but it's a necessary step in breaking down the barriers we've all been subconsciously building up throughout our lives. Once you lift the bonds of limiting belief there is absolutely nothing that can stop you or hold you back.

Be sure to check out my other freebies, including workbooks, inspirational graphics, guided meditations and more! All of them designed to help you manifest your very best, kick ass dream life.

Also be sure to connect with me on Instagram at [@manifestwithmissyrenee!](https://www.instagram.com/manifestwithmissyrenee/) I love to hear your success stories and manifestation wins!

May you be blessed and your life be magical, always.

xoxo,

Missy Renee



# Diving right in...

Here are the 4 steps to banish your limiting beliefs for good. I will break down each one for you step-by-step:

- 1 Identify through self-observation
- 2 Get clear on your limiting beliefs
- 3 Flip the script with counterstatements
- 4 Accepting your new beliefs

# Step One: Identify Through Self-Observation

To begin the process of removing your limiting beliefs, it's important to identify exactly what these beliefs are.

Limiting beliefs tend to live beyond our conscious awareness. However, there are key signs to look for that will provide you with clues on how to identify what these limiting beliefs are. These signs will usually show themselves when you're confronted with obstacles in your day-to-day.

This is where the importance of self-observation comes in. It is always important to start with your concept of self. Throughout your day, take an objective, non-critical look at your thoughts and reactions. Note any inner dialogue that plays out.

As you observe, ask yourself, "What is the basis of this assumption? Does this thought/reaction reflect what I want to experience?"

Take for an example, trying to manifest a specific person. You may take 30-45 minutes a day to script and visualize, but what are the thoughts that cross your mind throughout the day? Do they fall in line with:

- “Why hasn’t he/she texted me back?”
- “Do they really like me?”
- “I bet he/she is spending time with someone else.”
- “There must be something wrong with me. What did I do wrong?”

Stop yourself as soon as you note these kinds of thoughts, because these thoughts point you to those limiting beliefs beneath the surface.

# Step Two: Get Clear on Your Limiting Beliefs

Take some time for quiet reflection. Make sure you give yourself 45 minutes to an hour where you won't have any distractions.

Write out your observations during this time of self-reflection. It helps to list them out on paper. (Pro-Tip: I have a FREE worksheet which you can use for this helpful exercise available for download in the freebie section.)

Take an area of your life that you're struggling in. This can be money, love, business, etc. Write out on paper the first thoughts that pop up when you think about this challenging area in life. Don't censor or judge what comes up, just let the pen flow freely.

Some examples of what comes up might be:

- I am powerless over X, Y, Z (outside circumstances).
- If I take a risk, I will fail. If I fail, other people will reject me.
- Life is a constant struggle.
- I am not important enough. My feelings and needs are not important.

# Step Three: Flip the Script with Counterstatements

For this part, it's important to remember that beliefs are not facts. These beliefs are nothing more than conclusions you have drawn based on your childhood observation and life experiences.

It's important to note this because at this stage you get to question those limiting beliefs you uncovered, challenge them, and release them for good.

For each belief you wrote down, flip the script and write it out as if it was a belief that supported you.

For the example above, here's what you could write to counter those beliefs:

- I am powerless over X, Y, Z (outside circumstances).  
**Counter Statement:** I am the operant power of my life. I control my circumstances and I always get what I want easily & effortlessly.



- If I take a risk, I will fail. If I fail, other people will reject me.

**Counter Statement:** If others can take risks and succeed, there is nothing stopping me from doing the same. Success comes naturally for me.

- Life is a constant struggle.

**Counter Statement:** Life is pleasurable and full. Life is an adventure in which I'm creating in every moment, and I chose to create love, abundance, and peace.

- I am not important. My feelings and needs are not important.

**Counter Statement:** I'm a unique and valuable individual. My needs and my feelings are important to those who love me and those that I love & care about.

# Step Four: Accepting Your New Beliefs

Mull on your new beliefs and let them marinate for a moment. Close your eyes and feel what it would be like if they were true. What kind of person would you be?

With that feeling fresh in your mind, write down on paper a mental dialogue between you and a love one that if were exchanged, would capture the new belief.

For example, if your new belief is about how you are always successful in everything you do, construct a mental dialogue in which the other person is congratulating you on all of your success.

As you lay down and get ready for bed, bring up your mental conversations in imagination. Loop them until you evoke the feeling of actually having this conversation in real life. Take this feeling with you as you fall asleep.

Congratulatory scenes are a wonderful and simple way to effectively impress the subconscious mind. And as we've learned, whatever is accepted as true by the subconscious must play out in our 3D reality.

Now, keep in mind that this process is going to be different for everyone. But the most important notes I can stress is to be consistent, be persist, and be aware.

Each day that goes by, you are going to begin to notice a shift. Things that used to upset you aren't causing quite the reaction anymore. People are treating you better. Wonderful little surprises start appearing seemingly out of thin air.

This is because once you shift on the INSIDE, it must reflect on the OUTSIDE. You'll see it in the circumstances in your day-to-day.

Mastering the inner work is a process and it's the best adventure you will EVER embark on.

**“Only as one is willing to give up his present limitations and identity can he become that which he desires to be.”**

- Neville Goddard

If you enjoyed this guide, then I have some excellent news for you: there is plenty more where that came from! This is only the tip of the iceberg, I have so many more resources that will *absolutely transform your life*.

For starters, if you're ready to dive in and do some REAL digging, check out any of my upcoming workshops. Each one is a 2.5 hour deep dive into EXACTLY everything you need to know to master the art of conscious creation.

Also, One-on-One Coaching is available if you want to work directly with me for feedback, support, instruction & advice on your specific circumstances.

## For more inspiration:



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