

CHANGE YOUR LIMITING BELIEFS WORKSHEET

A GUIDE TO LIVING YOUR BEST LIFE

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IDENTIFY & BUST YOUR LIMITING BELIEFS FOR GOOD

WHAT ARE LIMITED BELIEFS?

Limiting beliefs are where negative self-talk stems from. They are deep rooted beliefs or assumptions that we hold about ourselves, other people and life in general.

Most often, such beliefs are incorrect and completely unhelpful. We usually learn these beliefs from our parents, peers, teachers, and the larger society that we grew up in. Most people tend to take these beliefs for granted and don't even realise that they're beliefs at all. We just assume that they are true!

EXAMPLES OF LIMITING BELIEFS

'Life is a constant struggle.'

'I should always act nice no matter how I'm feeling.'

'I am nothing unless other people love and approve of me.'

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

'I have to work hard for money, and no matter how hard I work I never have enough of it.'

'I can't cope with scary or difficult situations.'

'I can't afford to have what I want.'

'I don't have time.'

'I don't have the talent.'

'I'm too ugly.'

'I'll never find a nice guy/girl.'

'I can never achieve the levels I want to achieve in life.'

At an even deeper level, 'I don't deserve to have the things I truly want.'



THE IMPORTANCE OF IDENTIFYING & ERASING LIMITING BELIEFS

Mistaken beliefs that you hold about yourself and 'the way life is' are the root cause of the negative events you experience. You are manifesting your reality based on your beliefs, and most of us aren't even consciously aware we're doing so!

If we do not identify, uproot, and replace these sabotaging beliefs we will keep experiencing the same vicious cycles and struggles that stems from these limiting beliefs.


DISCOVERING YOUR LIMITING BELIEFS

- We have all developed our own set of mistaken beliefs through hearing direct messages from other people such as 'nice girls don't get angry' or through our reactions to being criticized by other people (for example - 'I am worthless'), ignored by others (for example 'my needs don't matter') or being rejected by others (for example 'I'm unlovable').


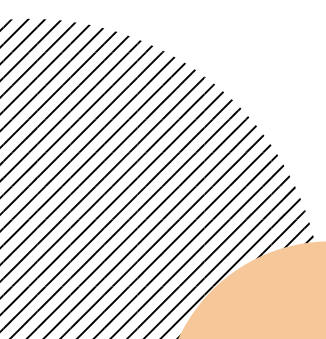
Unfortunately, what tends to happen is in holding these beliefs we act in ways (and as a result others to treat us in a way) that confirms them (this becomes a self-fulfilling prophecy).

REPROGRAM WITH A COUNTER STATEMENT

We manifest whatever we assume or believe to be true. So before diving into affirmations or scripting or any other manifestation techniques, it's crucial that we understand how our own set of limiting beliefs came about before we can go about reprogramming ourselves with more functional and supportive beliefs. Once we identify these beliefs, we can begin the reprogramming by challenging them.



Once your limiting beliefs have been countered and replaced, your experiences will follow your new, positive beliefs and those vicious cycles will finally cease.



EXAMPLE OF LIMITING BELIEF & COUNTERSTATEMENTS

- I am powerless. I am a victim of 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.

- 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.

FIVE QUESTIONS TO ASK YOURSELF TO CHALLENGE YOUR BELIEFS

- 1) What is the evidence that supports this belief? If I look objectively at all of my life experiences, what is the evidence that this belief is true?
- 2) Is this belief always true for me?
- 3) Does this belief consider the whole picture? Does it take into consideration both the positive and negative ramifications?
- 4) Does this belief encourage my own peace of mind and well-being?
- 5) Did I choose this belief or has it developed from the influence of my family/friends as I was growing up?

Remember that whatever value these mistaken beliefs may have offered you in the past, they no longer offer you and only serve to create more chaos and struggle in your life. Releasing these limiting beliefs are the first step to taking back your power and manifesting the life you've always dreamed of.

SELF-REFLECTION EXERCISE

Take 5-10 minutes to reflect and consider any mistaken beliefs that you may be holding on to. Work through the following questions and then consider what counter statements you could use to begin changing this belief today.

MY MISTAKEN BELIEF

1) WHAT IS THE EVIDENCE THAT SUPPORTS THIS BELIEF? IF I LOOK OBJECTIVELY AT ALL OF MY LIFE EXPERIENCES, WHAT IS THE EVIDENCE THAT THIS BELIEF IS TRUE?

2) IS THIS BELIEF ALWAYS TRUE FOR ME?

SELF-REFLECTION EXERCISE

Take 5-10 minutes to reflect and consider any mistaken beliefs that you may be holding on to. Work through the following questions and then consider what counter statements you could use to begin changing this belief today.

3) DOES THIS BELIEF CONSIDER THE WHOLE PICTURE? DOES IT TAKE INTO CONSIDERATION BOTH THE POSITIVE AND NEGATIVE RAMIFICATIONS?

4) DOES THIS BELIEF ENCOURAGE MY OWN PEACE OF MIND AND WELL-BEING?

5) DID I CHOOSE THIS BELIEF OR HAS IT DEVELOPED FROM THE INFLUENCE OF MY FAMILY/FRIENDS AS I WAS GROWING UP?
