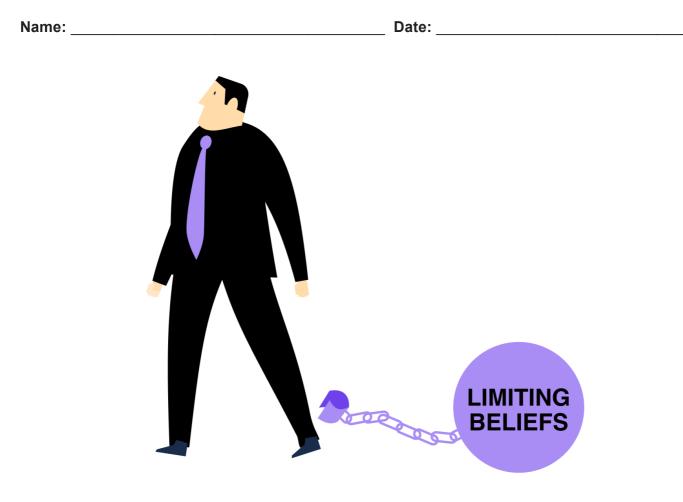
Limiting Beliefs Worksheet



Write down one belief that is holding you back

When did this belief first develop?

What experiences reinforced this belief?

How does this belief affect your	
Daily actions:	Relationships:
Career/goals:	Emotions:
Examining evidence	
What evidence supports this belief?	What evidence challenges this belief?
Transform your limiting belief into an empowering one	
How do you feel about this new belief?	
What pieces of evidence support this new belief?	

What are 3 small steps to reinforce y	your new beliefs?
---------------------------------------	-------------------

List people/resources that could help

Reflections