

Identify and Overcome Your Limiting Beliefs

IDENTIFY YOUR LIMITING BELIEFS:

Uncover clues to help you identify your limiting beliefs:

When do you make up excuses?

Is there any part of your life in which you tend to procrastinate?

Is there an instance in which you usually make assumptions?

What do you complain about?

What spurs your negative thinking patterns?

OVERCOME YOUR LIMITING BELIEFS

LIMITING BELIEF #1:

1. Am I positive this is true?
2. What are the consequences of this belief?
3. Replace your limiting beliefs.

LIMITING BELIEF #2:

1. Am I positive this is true?
2. What are the consequences of this belief?
3. Replace your limiting beliefs.

LIMITING BELIEF #3:

1. Am I positive this is true?
2. What are the consequences of this belief?
3. Replace your limiting beliefs.