

Empowering Your Mind - Limiting Beliefs Worksheet

Let's dive into the fascinating world of limiting beliefs. These sneaky thoughts we carry can influence our lives more than we realize. But fear not, because understanding them is the first step towards transforming them into stepping stones for your personal growth.

What is a Limiting Belief?

A limiting belief is like a little voice in your head that whispers, "You can't," or "You're not good enough." It's a thought pattern that holds you back from realizing your full potential. These beliefs often stem from past experiences, societal influences, or even misconceptions we've picked up along the way.

How Are They Formed?

Limiting beliefs are often formed in response to challenging or negative experiences. Maybe someone once told you that you couldn't do something, and that notion stuck. Or perhaps you faced a setback that convinced you certain things were out of reach. These beliefs, though often unintentional, can shape our perceptions and decisions in significant ways.

The Possibility of Change:

Here's the good news: limiting beliefs are not set in stone! You have the power to change them. Just like weeding a garden to make room for new growth, identifying and uprooting limiting beliefs opens the door to a world of possibilities.

Challenging Limiting Beliefs - A Friendly Guide:

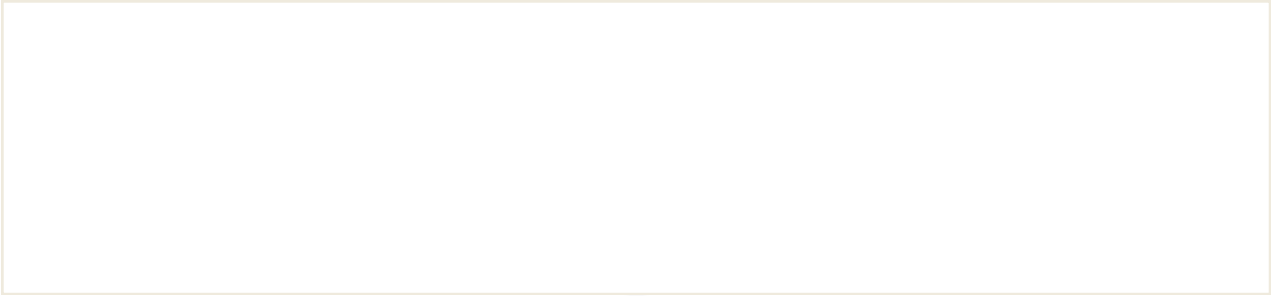
- **Awareness is Key:** Start by recognizing when those limiting thoughts pop up. Awareness is the flashlight that illuminates the shadows where these beliefs hide.
- **Question and Play Detective:** Ask yourself, "Is this belief really true?" Challenge it like a detective seeking evidence. Often, you'll find these beliefs don't hold up under scrutiny.
- **Reframe and Empower:** Turn those negative thoughts around. If your mind says, "I can't," challenge it with, "Why not? What if I can?" Reframing these thoughts empowers you to rewrite your story.
- **Positive Affirmations:** Introduce positive affirmations into your daily routine. Repeating statements that counteract limiting beliefs can gradually reshape your mindset.
- **Celebrate Small Wins:** Celebrate each step forward. Changing beliefs is a process, and every small victory deserves acknowledgment.

Remember, you're not alone in this journey. Everyone faces limiting beliefs, but it's how we confront and transform them that makes all the difference. Embrace the adventure of self-discovery, challenge those beliefs with a friendly curiosity, and watch as your mindset transforms into a force that propels you toward the life you desire. You've got this!

Now that we understand everything about limiting beliefs, let's start with changing one of your own. Take some time out to answer the following questions. Make sure you are not disturbed, be truthful, this work is important, transformative, and only for yourself. Don't be scared of your own judgment. Be willing to accept everything that comes up and give yourself unconditional love for the same.

*Use the following template as many times as you wish to shift more beliefs. **Let's begin by changing one limiting belief.**

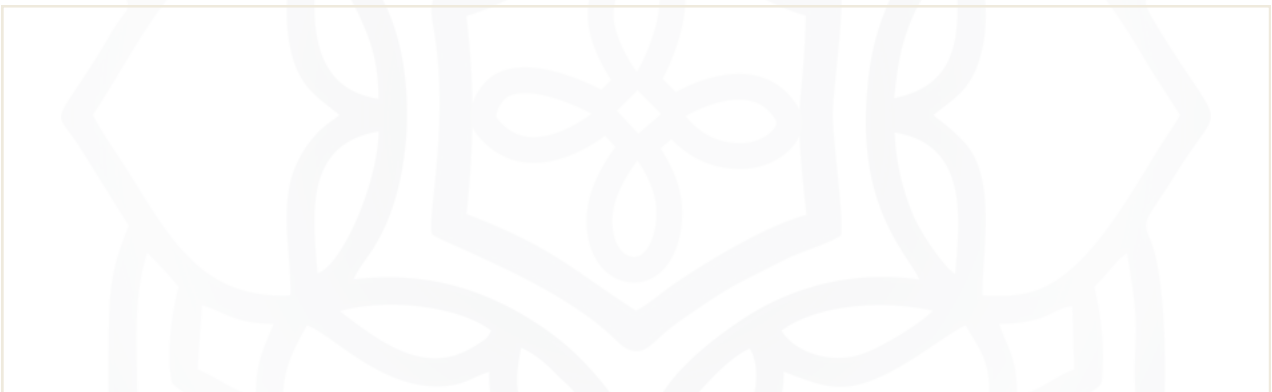
What do you want to achieve in the next 3 years?



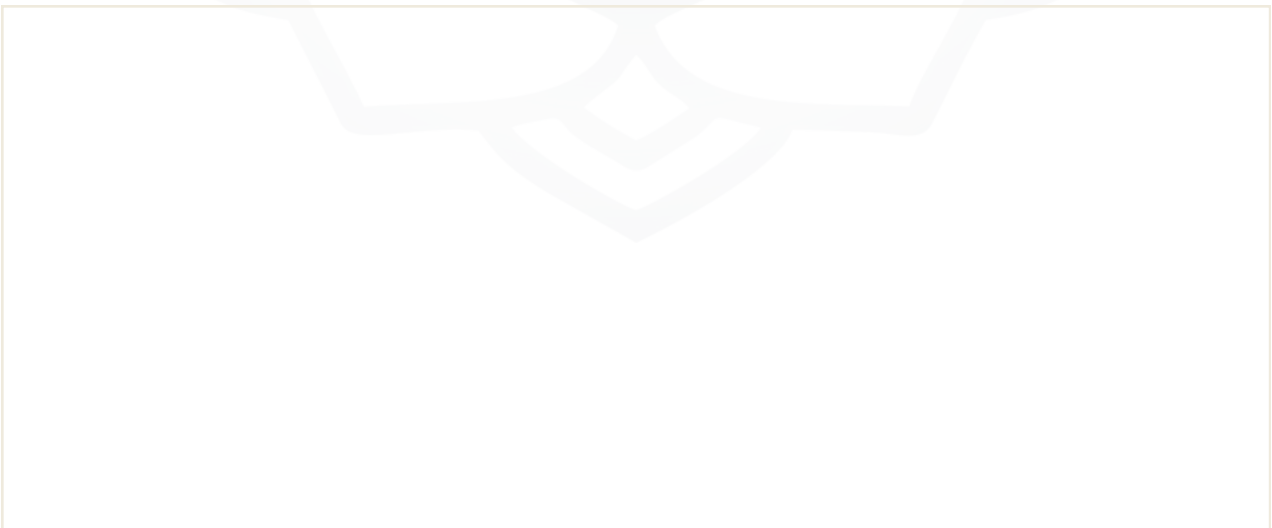
What is your why?



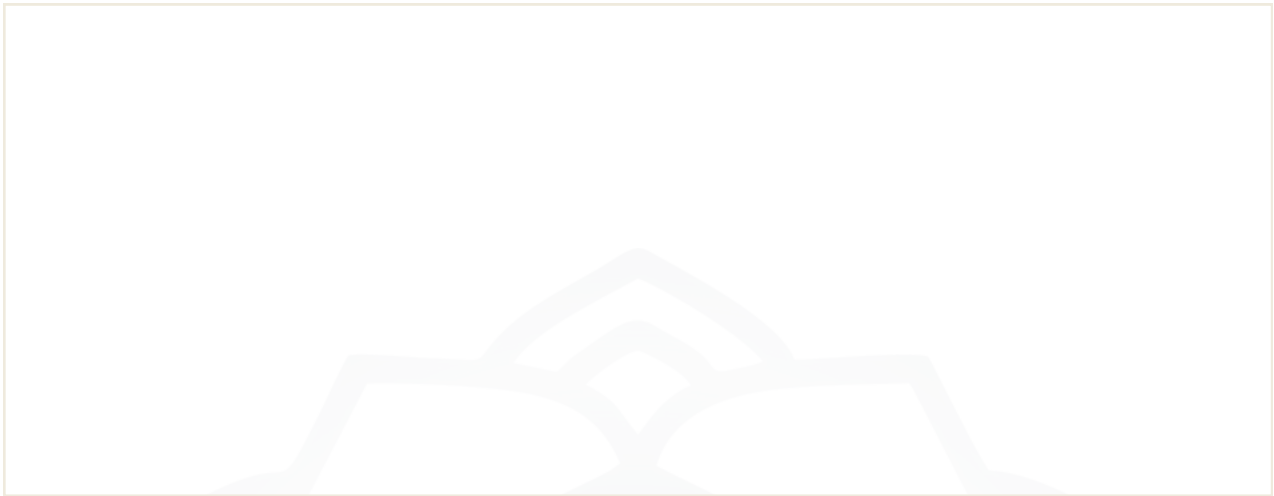
What limiting belief has been stopping you from getting there?



List down 3 evidences from your life that support this limiting belief.



we can't let go of limiting beliefs because there is often an emotional or physical payoff for it. Be honest and ask yourself what are these ?



Do these benefits outweigh the costs of keeping this limitation? Yes or no?



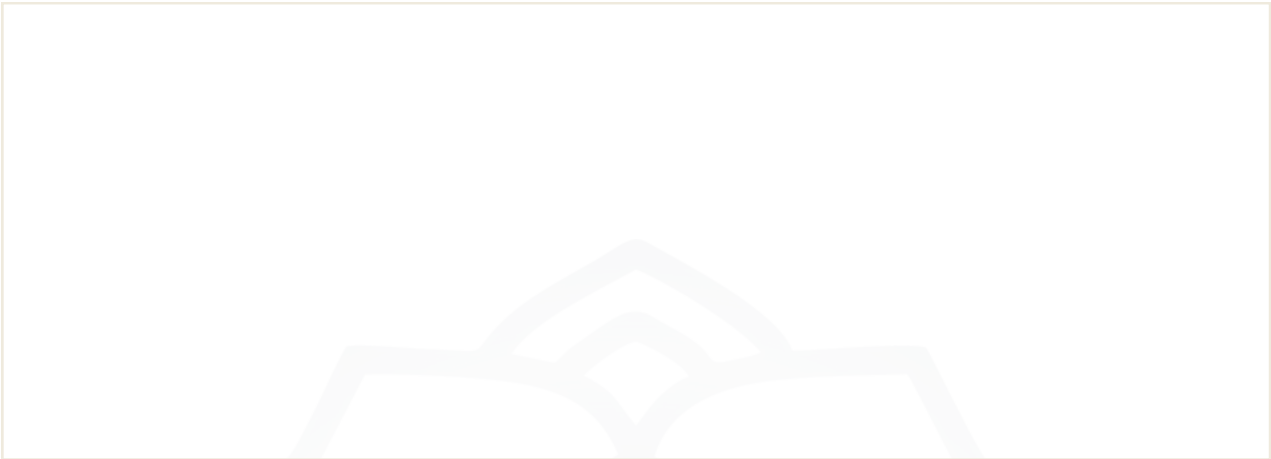
For all 3 evidences you listed above, ask yourself if this could be untrue?



Is there an alternative explanation for these evidences?



write down an empowering belief that you want to now embody to be able to achieve your goal.



List down more than 3 evidences from your life to support this belief.



YAY! you have successfully changed your limiting belief and replaced it with a new empowering belief! But that doesn't mean that the old limiting thoughts won't pop back up sometimes. You may need to remind yourself of this new belief multiple times, or even read it to yourself regularly, but through repetition you will be able to get rid of that limiting belief for good!