



Change Your Limiting Beliefs

1

Become mindful of your thoughts during the day. You can also look for negative patterns that keep showing up & ask what beliefs are creating them. Write down any limiting beliefs you notice on the following pages.

Example: I'm stuck in this situation and ill never get out.

2

Find the underlying story behind your limiting belief. When and where did you learn it, why do you believe it is true?

Example: Maybe I tell myself I'm stuck because in the past a person or experience made me feel powerless & unworthy of better.

3

Flip it around, what if the opposite was true? What positive beliefs & stories are you going to tell yourself from now on? Write it down.

Example: I am worthy of anything I can dream of. I can always find a way to change my situation as long as I am open to the possibilities.

4

Repeat your new belief every day. Anytime the old story pops into your head, immediately correct yourself with your new positive story.

Repetition makes it a permanent part of your belief system.

Choose 10 affirmations to repeat daily. Say them out loud every day.

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What is your limiting belief and it's underlying story, why do you believe this is true?

What is the new positive belief and story that you will choose to believe from now on?

I Choose My Beliefs

10 Affirmations I Will Repeat *Everyday*



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