

# LETTING GO OF LIMITING BELIEFS

You are the only thing that is holding you back from success.

Here, we will identify your internal Blocks and what is stopping you from succeeding.

-What are the Blocks that are keeping you from success?

-Transcend your limiting beliefs and get unstuck

-Assessment of your belief system

## **Common limiting beliefs:**

I can't do it anyways

I am not good enough

I am not smart enough

I am fat and ugly

Other people won't like me anyways and I will embarrass myself

I am not worthy to receive this

I can't show my emotions

people don't understand me

"A limiting belief is a false belief that a person acquires as a result of making an incorrect conclusion about something in life."

**What are your most common LIMITING beliefs?**

Be very honest with yourself, it might hurt but this is a VERY important part of the process of letting them go.

**Which beliefs are most important for you to challenge in order to be successful?**

**Now let's challenge them:**

Provide evidence for each limiting belief that it is true  
(Explore a situation where you have proven yourself that it is the contrary)

Explore what effect the belief has had on your life

Modify the belief or aspects of the belief to better serve you

**Modification of belief of truth:**

I am fat and ugly —> I am skinny and I am beautiful.

I can't do it anyways —> I can do anything I want in life. I am successful.

Now add all of your limiting beliefs and turn them into positive beliefs.

The ones that hurt you the most, copy the POSITIVE belief into your daily affirmations to create a new belief. Repeat the positive belief daily and start TRUSTING yourself and VALUING yourself. Because you my dear, are WORTHY!

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## **Limiting Belief Elimination Process:**

Please Re-use this work sheet as many times as you would like and apply it to any limiting belief that is currently holding you back.

### **Step one:**

Feel the feelings of your limiting belief

### **Step two:**

Ask yourself:

How has this belief affected your life until now?

### **Step three:**

Think deeply and feel the pain by answering following questions:

- How has this limiting belief hurt you?
- Who have you hurt because of this belief?
- What have you been missing out on because of this belief?
- What will you miss out on in the future if you continue in this belief?
- What consequences will you experience in the future if you keep your limiting beliefs about you or your desire?

The key is to DEEPLY FEEL the PAIN. Only if you feel the pain you can release it!!

**Write down 5 WHY YES - Reasons. Why you can achieve your goals.**

- 1.
- 2.
- 3.
- 4.
- 5.

**What would I be able to do if I didn't listen to that inner voice?**

**How would I be able to pursue my dreams?**

**How am I currently limiting myself?**