

How to tackle your Limiting Belief?

Step 1: Identify and write down one limiting belief

Step 2: Answer the following

- 1. Does the belief stop me from getting what I want? How?*
- 2. What evidence supports this belief?*
- 3. Is this belief always true?*
- 4. Is this belief helping me grow my self esteem and self-worth?*
- 5. Is this belief encouraging my well-being?*



6. *How did I develop this self-limiting belief?*

7. *is there any valid purpose in holding on to this belief?*

8. *What counter-belief or statement can I use instead of this mistaken belief?*

Step 3: Test the counter empowering belief. Analyze the evidence.

Step 4: Get out of your comfort zone, explore and write down the opportunities

Reach out to Self-Reflect and Overcome the limiting belief.

Write to us: mindsonfleek@gmail.com

