



# **LIMITING** *Beliefs Buster*

**WORKBOOK**



Limiting beliefs are the self-imposed restrictions that prevent people from achieving their full potential. These beliefs are formed from negative past experiences, societal conditioning, and self-doubt. Limiting beliefs can have a significant impact on a person's life, as they create mental barriers that prevent them from pursuing their goals and dreams.

**Examples of limiting beliefs include:**

- "I'm not smart enough to do that."
- "I don't have enough experience to succeed in that field."
- "I'm not attractive enough to find love."
- "I don't have enough money to start my own business."

While these beliefs may seem like reality, they are often based on faulty assumptions and distorted perceptions. The good news is that limiting beliefs can be overcome with the right mindset and strategies.

This workbook will guide you through the steps to discover what your limiting beliefs are and how you can overcome them.

There are 5 steps to this process:

1. Identifying your limiting beliefs
2. Challenging your beliefs
3. Reframing your beliefs
4. Visualizing success
5. Taking action

# UNCOVERING *Limiting Beliefs*

💡 *What is a recurring problem or limitation that has held you back for a while?*

🌟 *If this problem weren't there, what would you be doing, having, or experiencing instead?*

🔍 *What do you think is stopping you from getting that right now? (First answer that comes to mind.)*

🌱 *And beneath that—what is REALLY stopping you? (Go deeper than circumstances. Look for the root.)*


⚡ *Why is this a problem for you? What impact does it have?*

 *And this means...? (Repeat as many times as needed until you hit the core.)*

 *What must you believe, deep down, for this problem to keep existing?*


 *What do you believe about **YOURSELF** that makes this a problem?*

 *What do you believe about the **WORLD** that makes this a problem?*

 *If this problem were a story, what would it be an example of?*

 *When did you first decide this was a problem?*

 *At what point in your life did you begin buying into this belief or idea?*

 *What decision (conscious or unconscious) did you make that allowed this problem to exist?*

 *What does carrying this problem mean about you or your life right now?*

 *What will life feel like and look like when this problem no longer exists?*

Use these sheets as many times as needed to get 5 limiting beliefs that you are currently struggling with, before moving on to the next section.



# LIST YOUR *Limiting Beliefs*

**What beliefs do you have about yourself that limit you?  
What do you believe is holding you back from the life you desire?**

# Limiting Belief 1

## When did this limiting belief start?

Describe the event/s that you believe triggered this belief.

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## What made you think it's true?

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## Are the event(s) described above still true?

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**What has this belief cost you?** How has it affected your attitudes or behavior?  
Write down examples of how this limiting belief has held you back.

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**Imagine if you didn't have this limiting belief.** What would be different? What impact would this have on what you could achieve?

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**What if you are wrong about this limiting belief?** Is there evidence to disprove it?

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## *Reframing*

1. Recognize the limiting belief.
2. Reject it.
3. Reframe it into a positive empowering belief.
4. Write down 3-4 statements that support this empowering belief.

**Write your positive empowering belief:**

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**Evidence to support this empowering belief:**

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The idea is to replace the limiting beliefs with new beliefs that empower us and become part of our identity. Thank this belief for how it has protected you and release it now.

# Limiting Belief 2

## When did this limiting belief start?

Describe the event/s that you believe triggered this belief.

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## What made you think it's true?

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## Are the event(s) described above still true?

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# Limiting Belief 3

## When did this limiting belief start?

Describe the event/s that you believe triggered this belief.

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## What made you think it's true?

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## Are the event(s) described above still true?

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# Limiting Belief 4

## When did this limiting belief start?

Describe the event/s that you believe triggered this belief.

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## What made you think it's true?

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## Are the event(s) described above still true?

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**Evidence to support this empowering belief:**

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# Limiting Belief 5

## When did this limiting belief start?

Describe the event/s that you believe triggered this belief.

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## What made you think it's true?

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## Are the event(s) described above still true?

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# 888 CHALLENGE

## *Manifest Miracles*

For the next 8 days, you will write your affirmation every morning & evening 8 times. After writing them out, visualize your manifestation happening as you say your affirmation out loud 8 times.

Concentrate on FEELING the emotions of receiving this manifestation.

**Remember to surrender the outcome of this challenge.** Sometimes what we really desire and want is not what is best for us. If your manifestation does not happen, then ask for clarity to reveal what you should be focusing your desire on.

**I want to manifest:**

**My affirmation:**

**Tips for writing your affirmation:**

- Write your affirmation in the present tense
- Use words that express the feelings and emotion you will feel when you get what you want
- Express gratitude

# DAY 1

## *Manifest Miracles*

### Morning


### Evening


# DAY 2

## *Manifest Miracles*

### Morning


### Evening


# DAY 3

## *Manifest Miracles*

### Morning


### Evening


# DAY 4

## *Manifest Miracles*

### Morning


### Evening


# PRACTICING *Daily Gratitude*

Write out 4 things you are grateful for every morning & evening.

**Day 5: Morning**


**Day 5: Evening**


**Day 6: Morning**


**Day 6: Evening**


**Day 7: Morning**


**Day 7: Evening**


**Day 8: Morning**


**Day 8: Evening**


# DAY 6

## *Manifest Miracles*

**Morning**


**Evening**


# DAY 7

## *Manifest Miracles*

### Morning


### Evening


# DAY 8

## *Manifest Miracles*

### Morning


### Evening


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**Day 1: Morning**


**Day 1: Evening**


**Day 2: Morning**


**Day 2: Evening**


**Day 3: Morning**


**Day 3: Evening**


**Day 4: Morning**


**Day 4: Evening**


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**Day 5: Evening**


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**Day 7: Morning**


**Day 7: Evening**


**Day 8: Morning**


**Day 8: Evening**


# FEELING *The Love*

**Feel love in your daily life.** Love everything and anything you can. Focus on the things and the people that you love and you will feel that love and joy it will come back to you.

## People I love


## Things I love


# TAKING *Aligned Action*

## **Align Your Thoughts, Words, and Actions**

Make sure that your thoughts, words, actions and surroundings convey whatever you want to manifest.

Our thoughts lead to the words we speak, the feelings we feel, and the actions we take. Sometimes we are not even aware of our thoughts but we can understand them by looking at our actions.

Think about what you have asked for and make sure that your actions reflect what you desire to receive. Act as if you are receiving it. Do exactly what you would do if you were receiving it today and take actions in your life to reflect this. This will send out powerful signals of expectation to the Universe.

List the actions you can take to prepare your life for receiving your manifestation from the Universe.
