



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 problem or limitation that has held you back for a while?

What is it you would like to do or have, except something is stopping you from getting it or doing it?

What is it that is REALLY stopping you from getting what you want?

This is a problem because?

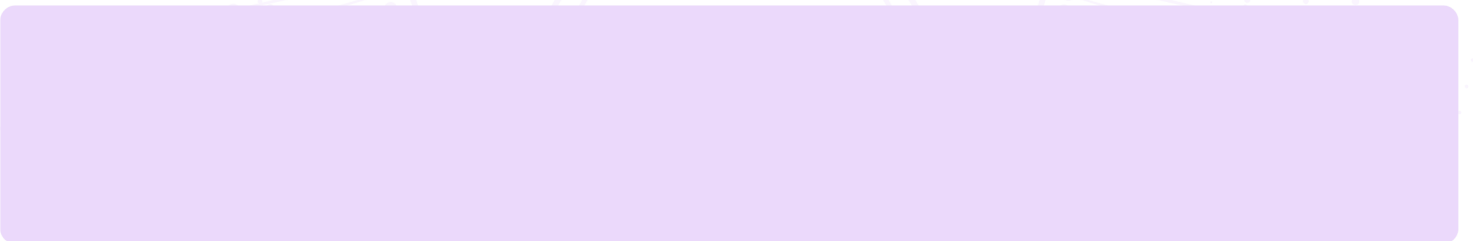
And this means? (Repeat as many times as necessary)




What must you believe that makes this problem even exist?



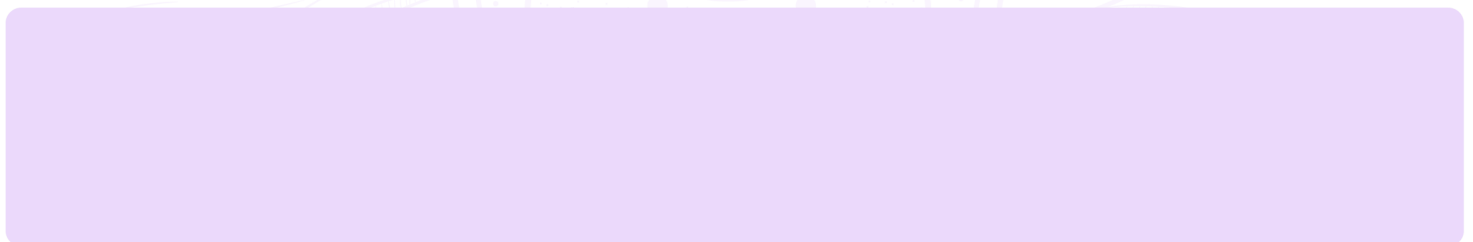
What is it you believe about YOURSELF that has made this a problem?



What do you believe about the WORLD that has made this a problem?



What is this problem an example of?



Roughly, when did you decide that your problem was a problem?

At what point in your life did you buy into this concept?

What decision did you make that caused this problem to exist?



What does this problem mean to you?

What will life be like when you don't have this problem?

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

[Empty rounded rectangular box for writing]

When did this limiting belief start?

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

[Four horizontal purple lines for writing]

What made you think it's true?

[Three horizontal purple lines for writing]

Are the event(s) described above still true?

[Two horizontal purple lines for writing]

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.

[Six horizontal purple lines for writing]

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

Four horizontal purple bars for writing.

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

Four horizontal purple bars for writing.

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:

Three horizontal purple bars for writing.

Evidence to support this empowering belief:

Seven horizontal purple bars for writing.

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.

What made you think it's true?

Are the event(s) described above still true?

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.

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

Four horizontal purple bars for writing.

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

Four horizontal purple bars for writing.

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:

Three horizontal purple bars for writing.

Evidence to support this empowering belief:

Seven horizontal purple bars for writing.

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 3

When did this limiting belief start?

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

What made you think it's true?

Are the event(s) described above still true?

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.

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

Four horizontal purple bars for writing.

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

Four horizontal purple bars for writing.

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:

Three horizontal purple bars for writing.

Evidence to support this empowering belief:

Seven horizontal purple bars for writing.

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 4

When did this limiting belief start?

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

What made you think it's true?

Are the event(s) described above still true?

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.

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

Four horizontal purple bars for writing.

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

Four horizontal purple bars for writing.

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:

Three horizontal purple bars for writing.

Evidence to support this empowering belief:

Seven horizontal purple bars for writing.

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 5

When did this limiting belief start?

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

What made you think it's true?

Are the event(s) described above still true?

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.

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

Four horizontal purple bars for writing.

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

Four horizontal purple bars for writing.

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:

Three horizontal purple bars for writing.

Evidence to support this empowering belief:

Seven horizontal purple bars for writing.

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.

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

Blank writing area for Morning, consisting of 10 horizontal lines alternating between light purple and white.

Evening

Blank writing area for Evening, consisting of 10 horizontal lines alternating between light purple and white.

DAY 2

Manifest Miracles

Morning

Blank writing area for Morning, consisting of 10 horizontal lines alternating between light purple and white.

Evening

Blank writing area for Evening, consisting of 10 horizontal lines alternating between light purple and white.

DAY 3

Manifest Miracles

Morning

Blank writing area for Morning, consisting of 10 horizontal purple and light purple stripes.

Evening

Blank writing area for Evening, consisting of 10 horizontal purple and light purple stripes.

DAY 4

Manifest Miracles

Morning

Blank writing area for Morning journaling, consisting of alternating dark purple and light purple horizontal stripes.

Evening

Blank writing area for Evening journaling, consisting of alternating dark purple and light purple horizontal stripes.

DAY 5

Manifest Miracles

Morning

Evening

DAY 6

Manifest Miracles

Morning

Evening

DAY 7

Manifest Miracles

Morning

Evening

DAY 8

Manifest Miracles

Morning

Evening

PRACTICING *Daily Gratitude*

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

Day 1: Morning

Day 1: Evening

Day 2: Morning

Day 2: Evening

Day 3: Morning

Day 3: Evening

Day 4: Morning

Day 4: 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

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.



A series of horizontal purple bars of varying shades, intended as a writing area for listing actions.