

Unravel Your Limiting Belief

Chances are you've lived with your limiting belief for so long you might not even recognize it!

Here are some questions to ask yourself to start unraveling it.

Fill in the blank for either or both of these statements: (don't overthink - write down the first thing that comes to mind.)

I'm not _____ enough.

I'm too _____.

Now take some time to really explore that statement. What does it mean to you. Be as specific as possible.

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Now consider the following questions:

Where did you get this idea from?

Who told you this was accurate?

Why do you think this is true?

What facts can I state that disprove it?