



***Crush Your
Limiting Belief!***

Find a time during the day to write when you won't be disturbed and a place that's sacred to you – your bedroom, a breakfast nook, a living room.

Don't stress if you don't at first know what to write! This is not a race – it might take an hour, a day or even a week to answer each question. These are thought-starters and your responses might reveal themselves slowly. You might also want to record your answers into your phone and then transfer them onto these sheets. But do have them written down so you can stay on track.

Ready? Let's get started!



How do I define happiness?



If I had no fear what would I do?



What changes do I wish would occur in my life?



How would my life be better if this change were to occur?



What fear/shame/resentment do I have around that change?



What beliefs have prevented me from allowing these changes?





Who in my circle supports the change I desire? How do you know?





How have people in my life impacted my belief about this change?



