

## LIMITING BELIEFS

Keep asking yourself each of the following questions and write down as many answers that come to you.

If I was really successful in life, I would be \_\_\_\_\_

One reason I can't be fully happy right now is that \_\_\_\_\_

The biggest problem with me is that I \_\_\_\_\_

Although I think I am doing really well in life, I know I could do better if only I  
\_\_\_\_\_

Take a look at what you wrote. Which are limiting beliefs? Which do not serve you? Whose voice is that, really? Which do you want to let go of?

We often believe our habitual thoughts without challenging them or recognizing they are not true—at least they are not true all of the time. What we believe about ourselves colors how we see the world, how we interact with others and what we manifest in our lives.

Change how you think and you change your whole life.

