

*BREAKING  
THROUGH  
LIMITING  
BELIEFS*

*workbook*



## **Breaking Through Limiting Beliefs Workbook**

This workbook is designed to help you identify and break free from limiting beliefs that may be holding you back. By working through these exercises, you will gain clarity, shift your mindset, and step into your full potential. Let's begin the journey of transformation.

### **1. Identifying Your Limiting Beliefs**

Write down 3-5 beliefs that have held you back. These could be about success, relationships, or your self-worth. Where do you think these beliefs came from? How have they influenced your decisions and actions?

### **2. Challenging the Beliefs**

Choose one limiting belief and ask yourself: Is this 100% true? Can I find evidence to prove this belief wrong? What would I say to a friend who held this belief about themselves?

### **3. Rewriting Your Story**

Now, transform each limiting belief into an empowering belief. Example: 'I am not good enough' becomes 'I am capable and worthy of success.' How does this new belief feel? How would your life change if you fully embraced it?

### **4. Taking Inspired Action**

What steps can you take today to align with your new empowering beliefs? List at least three actions that reinforce your new mindset.

## 5. Daily Affirmations & Reinforcement

Create a list of 5 affirmations that support your new beliefs. Repeat them daily and write down any small changes you notice in your thoughts and actions.

## 6. Reflection & Growth

After a week of practicing your new mindset, reflect: How do you feel? What has changed? What challenges have you faced, and how have you handled them differently?

## Final Thoughts

Breaking through limiting beliefs is an ongoing journey. The more you challenge negative thoughts and replace them with empowering beliefs, the more confident and limitless you will become. Keep going-you are capable of incredible transformation!