

# CHANGING LIMITING BELIEFS

## OLD BELIEF

I AM USELESS AT  
EVERYTHING



SUCCESS IS  
NOT ON THE  
CARDS FOR ME

I FEEL I ADD  
NO VALUE

I ALWAYS SEEM  
TO FAIL

NOTHING SEEMS  
TO GO WELL

## NEW EMPOWERING BELIEF

I AM VERY SKILLED  
IN CERTAIN AREAS



SUCCESS IS  
POSSIBLE FOR  
ANYONE IN LIFE

I HAVE THE POWER  
TO MAKE SOMEONE'S  
DAY BETTER

I ALWAYS  
IMPROVE AT  
LEAST 1%

SOME THINGS  
HAVE WORKED  
OUT FOR ME IN  
THE PAST

# CHANGING LIMITING BELIEFS

01

## STEP ONE

IDENTIFY A LIMITING BELIEF THAT YOU WOULD LIKE TO CHANGE. TAKE A MOMENT TO WRITE DOWN THE REASONS THAT YOU THINK AND BELIEVE THIS TO BE TRUE.

02

## STEP TWO

CREATE AN ALTERNATIVE BELIEF THAT IS MORE EMPOWERING. YOU ARE UNLIKELY TO BELIEVE THE COMPLETE OPPOSITE SO THE GOAL IS TO CHOOSE A *IMPROVED* BELIEF. E.G. RATHER THAN GOING FROM '*I AM TERRIBLE AT EVERYTHING*' TO '*I AM AMAZING AT EVERYTHING*', INSTEAD CHOOSE '*I AM GOOD AT CERTAIN THINGS*'.

03

## STEP THREE

TRY TO UNTIE THE KNOT AND UNSTICK THE GLUE SURROUNDING THE OLD BELIEF. ASK YOURSELF WHAT THE BENEFITS ARE OF THIS LIMITING BELIEF. DOES IT MEAN YOU DON'T HAVE TO BE BRAVE? DOES IT MEAN YOU CAN AVOID TAKING ACTION? DOES THE COMFORT OF STAYING PUT OUTWEIGH THE DISCOMFORT OF NOT MAKING A CHANGE?

04

## STEP FOUR

CREATE DOUBT BY QUESTIONING THE EVIDENCE. IF YOU COULD PROVE YOUR EVIDENCE WRONG, YOU CAN CHANGE YOUR CONCLUSION. FOR EACH LIMITING BELIEF AND THE REASONS FOR BELIEVING THIS, ASK YOURSELF;  
COULD THIS BE FALSE? IS THERE MORE TO MY STORY?  
COULD THERE BE ANOTHER REASON?  
CREATE ENOUGH OPPOSING EVIDENCE TO CREATE THAT DOUBT.

05

## STEP FIVE

CREATE ENOUGH EVIDENCE AND 'NEW GLUE' TO SUPPORT THE NEW, MORE EMPOWERING, BELIEF. WRITE DOWN 3 REASONS AS TO WHY YOUR NEW BELIEF CAN BE TRUE.  
CHANGING THE OLD FOR THE NEW WILL TAKE TIME BUT IT CAN BECOME JUST AS STRONG.