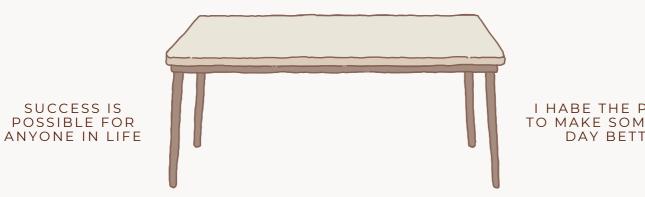
CHANGING

LIMITING BELIEFS





I AM VERY SKILLED IN CERTAIN AREAS



I HABE 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



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.



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'.



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?



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.



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.

