

**The Workbook**

***Part One***

What are your limiting beliefs?

Next, write down how this limiting belief was created. How does it make you feel? Where did you hear it?

Out of the above limiting beliefs, now write down which ones are the ones that are the strongest. The beliefs that have the most negative impact on you.

How are your limiting beliefs affecting your life currently?

***Part Two***

Are you committed to making change? How are you using your time currently to make the changes you would like?

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| What are your goals? | What limiting belief is stopping you achieving your goals? |
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What excuses are you making to yourself currently about why you cannot achieve your goals and live the life you would like?

What things are you complaining about most often?

What negative habits do you indulge in, that bring you further away from living a better life?

What unhelpful habits do you indulge in that are not good for you?

What negative things do you tell yourself every day?

***Part 3***

3 Key Questions to answer - take your time to really think through the answers.

1. How am I deriving pleasure by holding onto this limiting belief?
2. What good intention does this belief provide me with?
3. What value am I gaining by holding onto this belief?

“Whether you think you can or think you can’t….you are right”

Henry Ford