

# Changing Limiting Beliefs

Examine the beliefs you have right now that are blocking you from achieving your goals or feeling a certain way or expressing yourself freely. Write down a list of limiting beliefs and then work with each of them using the process below.

Limiting Beliefs:

about relationships

1

2

3

about work

1

2

3

about money

1

2

3

about who you are and what you are capable of

1

2

3

about people

1

2

3

about the Universe, God, Life

1

2

3

about your future

1

2

3

about health and aging

1

2

3

about happiness

1

2

3

about your mind or brain

1

2

3

about anything else

1

2

3

# Changing Limiting Beliefs Process

Now change your old limiting belief into an empowering thought you can make a belief through repeatedly thinking the new thought in a form of affirmations or through any other brain-entrainment methods.

Write down your old belief:

What is the extreme opposite of that:

If the extreme opposite is too hard to accept right now, find a belief that would feel more comfortable, yet, is not your old belief.

Naturally, your old belief feels the most comfortable to you now, but as you know, it had been blocking you from your success. Push yourself a bit and find a better, more empowering belief you can just tolerate enough not to resist completely.

You can experiment by writing down all different beliefs, beginning with making your old belief just a little bit lighter and continuing with writing down even a lighter belief and so on.

1

2

3

4

5

6

7

8

9

Once you found belief you want to have and it feels good enough, yet, much lighter than your old one, it's time to imprint your new belief into your mind.

Write down an affirmations you can say daily here:

1

2

3

For a better and faster results write down your new beliefs as affirmations and put them on the wall, in your car, wherever you will see them more often. Use tapping while you read them out loud daily. Make a recording of you saying these new beliefs and then listen to it whenever you get a chance.

Take time with this process and be consistent and patient with yourself.

Continue working through this process and change any other limiting beliefs you have.

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