

Overcome Your Self-Limiting Beliefs Worksheet

1) What are some goals that you want to accomplish? You may have attempted these in the past without meeting them.

2) What one goal do you most want to work on right now? It may be the one that is limiting you the most or it could be one that you know will be the easiest to overcome.

3) Why haven't you accomplished this goal? The result of this step should be a revelation of your self-limiting belief.

4) How is this belief impacting your life? How does it make you feel mentally, physically, emotionally, and so forth?

5) Why do you believe this about yourself? How did this belief get started and reinforced?

- 6) What is the benefit of having this belief?

- 7) What is the cost of having this belief? How does it affect your self-perception, relationships, finances, and so forth?

- 8) What are some ways in which you rationalize having this belief?

- 9) What do you want to believe about yourself instead?

- 10) What are some examples of how this is already true?

- 11) What would you accomplish if you didn't have this belief about yourself?

- 12) What will you do immediately, in the short-term, and in the long-term to reinforce this new belief about yourself?