## LIMITING BELIEFS WORKSHEET

Until you make the unconscious conscious, it will direct your life and you will call it fate.

C.G. Jung



## **LIMITING BELIEF WORKSHEET**

Self-limiting beliefs can stop us from being the best version of ourselves. If we learn to recognise them, we can take back the control and develop new patterns of thinking.

What do I want in my life or to accomplish?	What are my limiting beliefs about it? What doubts or concerns do I have about either obtaining or achieving this goal?	What is my new decision about it? What is the opposite of my limiting belief?	What supporting evidence do I have for it? Where have I succeeded in the past that is similar to the challenge I face now?	What mantra can you create to support your new belief?	How will I feel when I accomplishing this goal?