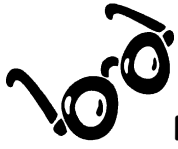


LIMITING BELIEFS



Recognize

Write the limiting belief that you want to let go of. (Remember, working on one limitation often releases others as well!)



Reexamine

Find the evidence that disputes and refutes this belief. Have fun. Ask other people. Search the Internet. Look in newspapers, magazines, books. Find ideas in movies. Make it up!

1.

2.

3.

4.

5.

6.

7.



1. Read your limiting belief. Read your disputing evidence. Now, put your hand over your heart and say aloud three times, *"I no longer choose to believe this limiting belief."*
2. Write your limiting belief on a piece of paper and tear it up, or burn it, or bury it or recycle it. Do it more than once. Have fun.
3. Every time you think or say your limiting belief, put your hands out as if you were stopping a truck and say, *"No more."*



Re-create

Write an empowering belief that lifts and expands you, giving you a feeling of energy and growth.

Say your empowering belief out loud. Even if you don't believe it, do you feel you can grow into it? If not, go back and continue to play with your empowering belief until it feels right for you.



Have fun

1. Say your empowering belief out loud 100 times a day.
2. Look at yourself in the mirror (in the eye) and say your empowering belief 10 times.
3. Write a song about your empowering belief and sing it. Dance to it.
4. Say your new belief to a supportive person three times.