

# IDENTIFYING LIMITING BELIEFS



What do you truly want to do with your life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Evidence against belief:

Evidence against belief:

What limiting beliefs have stopped you from doing these things?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Evidence against belief:

Evidence against belief:

What has concluded from having these beliefs?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Evidence against belief:

