

LIMITING BELIEFS

Circle any of the limiting beliefs that apply to you:

I'm not creative	I have a bad memory	People can't be trusted
I'm not good at fixing things	I'm not good at public speaking	I don't deserve to be loved
I need to do it all myself	It needs to look perfect	I'm not artistic
I can't dance	I can't sing	Failing is a very bad thing
I'm selfish	I'm not qualified to do....	I'm a procrastinator
I get distracted easily	Small talk is stupid	I'm not a very motivated person
I hate cold water	I'm not a good writer	I don't have enough time
I'm not a morning person	Taking risks is scary	I don't have enough money
I'm not spontaneous	I'm a creature of habit	I never come in 1st place
I get injured easily	My opinion doesn't really matter	I can't make a big difference
It's better to just not try hard	I need permission from other people	Being rejected is a bad thing
If people knew the real me, they wouldn't like/love me		I hate looking foolish in public

If you have a limiting belief that isn't on this list, what is it?

Which limiting belief has the largest negative impact on your life?

What is the opposite of this limiting belief (the *unlimiting* belief)?

What changes would happen in your life if this *unlimiting* belief were true instead of the limiting belief?