

10 QUESTIONS THAT CHALLENGE LIMITING BELIEFS TOOL

Write your identified Limiting Belief:

The Challenge:

1. Where did this Limiting Belief come from in the first place?
2. To what Basic Human Need category does it apply?
3. Explain who created the belief, you or someone else?
4. How does this belief limit you and how does it help you?
5. If you hold on to this belief, what are the consequences for you, your life, and those around you?
6. What Empowering Belief would you rather believe?
7. If you had a new Empowering Belief, how would things improve for you?
8. How would the new Empowering Belief hurt or make your life worse?
9. What is the best thing that could happen if you keep your old Limiting Belief?
10. What would be the best thing that could happen if you embraced your new Belief?