

# Overcoming Limiting Beliefs



Worksheet

Confidence Coaching - Coach MichaelW

# OVERCOMING LIMITING BELIEFS

Don't let limiting beliefs hold you back! Identify, eliminate, and replace your limiting beliefs with ones that support your success. Answering these questions will help you in your quest.

1. What are your most difficult circumstances that you believe are holding you back from the life you desire?

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2. Overcoming one of these challenges will have the biggest impact on your life. Which challenge is it?

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3. With reference to this challenging situation, what beliefs might be keeping you from moving forward?

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4. Analyze each of these negative beliefs. How can you be certain that they're true?

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5. Where did you get these beliefs? Evaluate the sources to help determine if they have any validity in your life today.

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6. How would your life change if you eliminated these beliefs?

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7. What positive beliefs would be better for helping you attain your goals? For each negative belief that's holding you back, come up with a positive belief that would support your desires.

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8. What evidence supports these new beliefs?

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9. What will you do to replace your limiting beliefs with positive, new beliefs?

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