

**Replacing  
Limiting  
Belief  
Worksheet**

# Replacing Limiting Belief Worksheet

Identify one of the limiting beliefs you discovered in your journal. Choose a small, actionable step that directly contradicts this belief. For instance, if your belief is "I'm not good at public speaking," commit to giving a short presentation in a low-stakes environment, such as at a team meeting or a family gathering. The goal is to take action that begins to disprove your limiting belief through direct experience.

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action on?**

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