



## Limiting Beliefs Worksheet

1. Take a moment and think about a negative, limiting belief that you can trace back to a childhood or adolescent event or circumstance.

If there are several, just pick one for now, perhaps the one that bothers or inhibits you most.

Write down that belief in the space below. For example, you might write I don't deserve a loving relationship. Or I am bound to fail at whatever I try.

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2. Next, take a moment to write down the event or events that you believe triggered those beliefs.

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5. Lastly, write down a positive affirmation that is the opposite of your limiting belief, such as I am capable of succeeding in any endeavor.

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So now, you have shown that your current reality is different from the childhood issues that triggered your belief. You have undermined the truth of the belief with contradictory evidence, and you've created an affirmative statement supporting the opposite of the belief.

Now it's your job to put that into practice when you notice that limiting belief coming up for you.

When you notice yourself thinking about or reacting to your limiting belief, force yourself to stop the thought pattern.

You can even wear a rubber band on your wrist and gently snap it to break the thinking pattern.

Then replace the old thought with your new affirmation. You can even keep the notes you just wrote down nearby to read over again any time you struggle with your limiting belief.

With repeated practice, you will change your thinking patterns and create a new, positive belief for yourself! It's like changing a habit. It's uncomfortable at first, but with practice it gets easier.