

Overcoming Limiting Beliefs

Tips and Exercises for Success

WORKSHEET

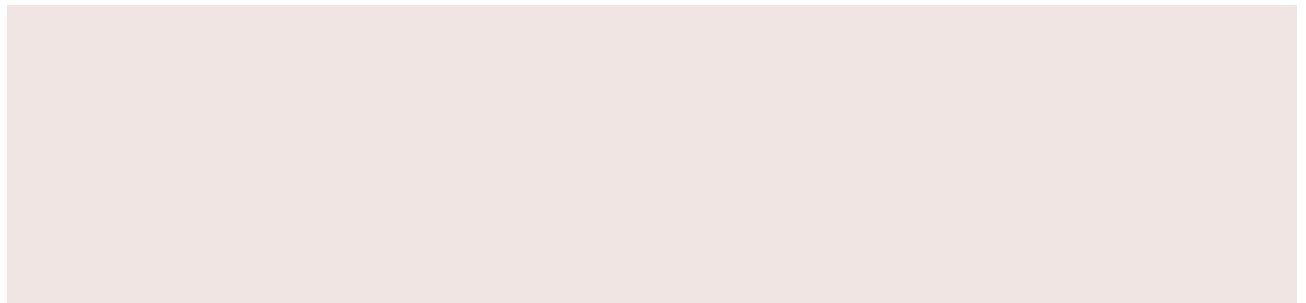
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Tip #1: Become Aware of Your Limiting Beliefs

- Pay attention to your self-talk and identify any negative beliefs you may have about yourself and your abilities.
- Write down your limiting beliefs in the space below.

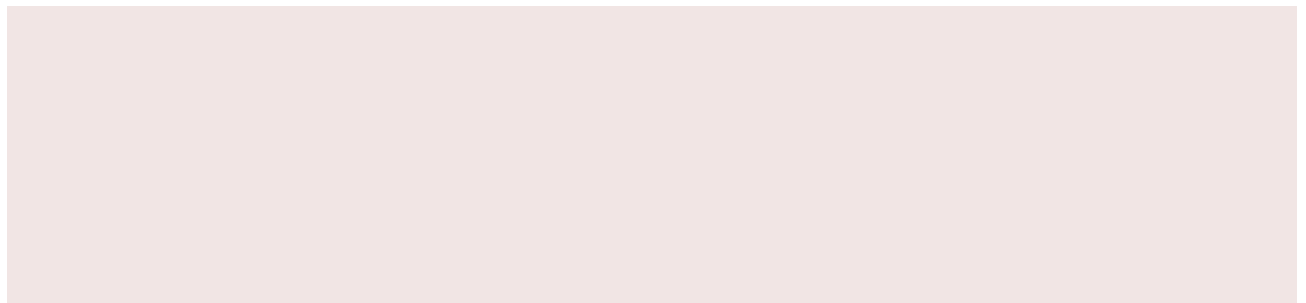
My limiting beliefs:



Exercise #1: Reframe Your Limiting Beliefs

- Take one of your limiting beliefs and reframe it in a positive way.
- For example, if you believe "I am not good enough to succeed," reframe it to "I am capable of learning and growing, and I can work towards success."
- Reframe your limiting belief in the space below.

My reframed limiting belief:

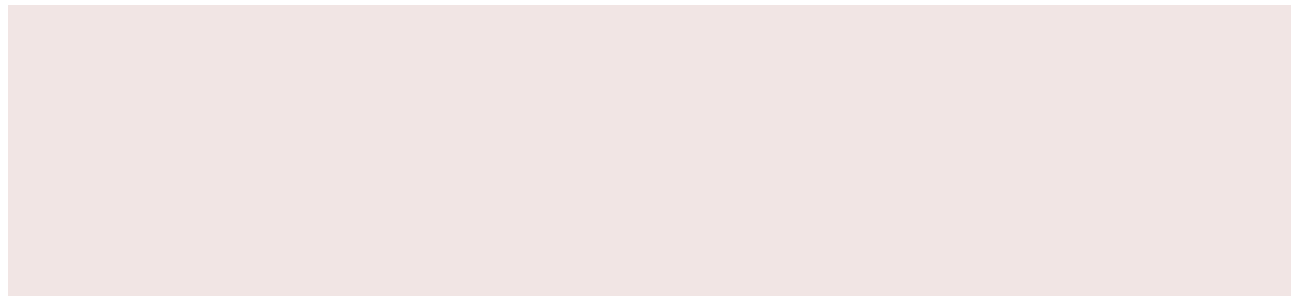


Tip #2: Look for Evidence to Disprove Your Limiting Beliefs

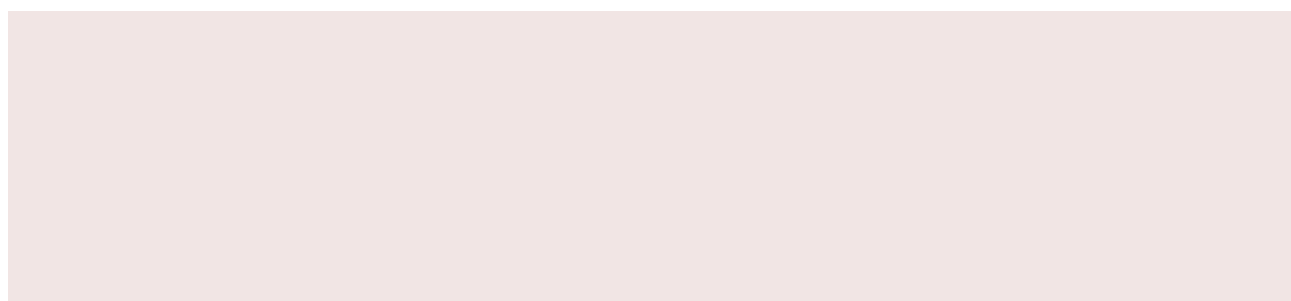
- Ask yourself if your limiting belief is really true. Look for evidence that contradicts it.

- For example, if you believe “I am not creative,” think of times when you have been creative in the past.
- Write down your limiting belief and evidence that contradicts it in the space below.

My limiting belief:



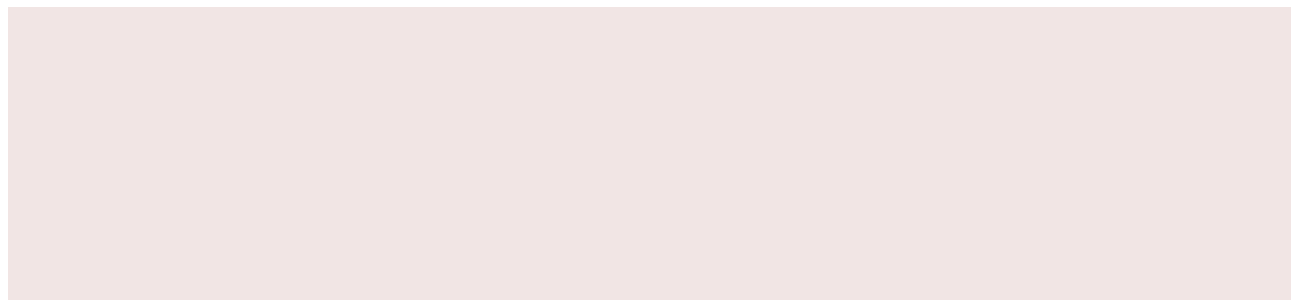
Evidence that contradicts it:



Exercise #2: Write a Letter to Yourself

- Write a letter to yourself as if you were writing to a friend who is struggling with a limiting belief.
- Encourage yourself to challenge your negative beliefs and focus on your strengths and accomplishments.
- Write your letter in the space below.

My letter to myself:



Tip #3: Surround Yourself with Positive People and Resources

- Seek out positive people who will support and encourage you.
- Read books, listen to podcasts, and watch videos that inspire and motivate you.
- Write down the names of positive people and resources in the space below.

Positive people/resources:

Exercise #3: Create an Affirmations List

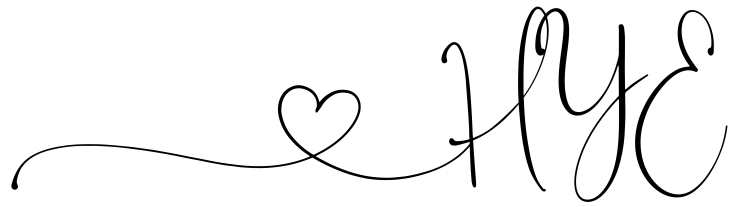
- Write down positive affirmations that reinforce your strengths and goals.
- Read this list daily and repeat the affirmations to yourself.
- Write down your affirmations in the space below.

Example:

5 affirmations for overcoming limiting beliefs:

1. I am capable of achieving my goals and dreams.
2. I trust in my abilities and my inner strength.
3. I release all self-doubt and negativity, and embrace positivity and confidence.
4. I am worthy of success and happiness.
5. I believe in myself and my potential to create a fulfilling and abundant life.

My affirmations:



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SELF-LOVE, PERSONAL DEVELOPMENT
& EMPOWERMENT

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