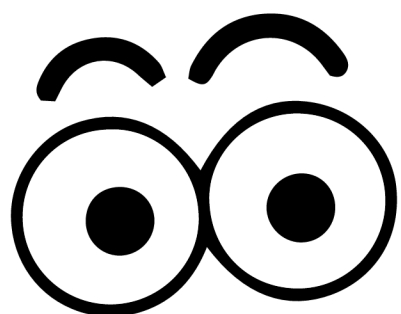




A HANDY GUIDE...

KICK OUT YOUR LIMITING BELIEFS



SPOT THE SNEAKY BLIEF

Listen for the phrases:

- I can't ...
- I always...
- I never...
- That's just the way I am...

Write it down here:
My Limiting Belief is: _____

CALL OUT THE LIE

Ask Yourself:

- Is this a fact, or just fear in disguise?
- Who planted this thought in me?
- Is it even mine, or was it handed down like Grandma's chipped casserole dish?

Jot it down:
Where is this Belief from: _____



FLIP THE SCRIPT

Turn the lie into a truth.

Example:

- Old Belief: "I'm too old to start."
- New Belief: "I have life experience that makes me powerful."

Write your new one:
My New Belief: _____

COLLECT THE RECEIPTS

Write down three pieces of proof that show you've already crushed this lie.

Example: "I think I'm bad at relationships... but I've kept three friends for 20 years."

1. _____
2. _____
3. _____



Tip: Limiting beliefs don't get to boss you around. You're the one holding the pen. Write the story you want.

YOUR DAILY PRACTICE

Take one baby brave step today. Doesn't have to be big — small wins count.



1. Say your new belief out loud every morning (yes, Honey, talk to yourself in the mirror).
2. Write it on a sticky note and slap it on your fridge, bathroom mirror, or car dash.
3. Keep a little "Proof Journal" where you log wins, no matter how small.

Surround yourself with people who think bigger than your old beliefs.