Eliminating a Limiting Belief

Do you have a belief that's holding you back? Follow these simple steps to banish that belief and enjoy the results!



- [ ] Ask yourself if the belief is really true
- [ ] Determine the source of the belief
- [ ] Declare to yourself, "I don't believe this anymore, it's not true!"
- [ ] Imagine being free from the belief. How would your life change?
- [ ] Replace the limiting belief with one that counteracts it
- [ ] Find evidence that the new belief is valid
- [ ] Observe your new feelings, behavior and results

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