

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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