



## Transforming limiting beliefs

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Self-limiting beliefs are like magnets under the floor that keep you locked in place.

- No matter how diligent your efforts, something is still missing.
- Regardless of how many people believe in your abilities and trust your judgment, more is needed.
- Even a sincere prayer can be wrapped in limitations, without this *barrier-buster* ingredient.

If you are committed to moving your life into a better place, you must be 100% intentional about the dialogue you participate in—especially with yourself.

### Step One: Identify Your Beliefs

Take ten minutes to write down all of the beliefs you've come to accept as true in the three different areas. Don't edit or judge your thoughts, just document them. (Rules and beliefs are often so intertwined; it can be difficult to tell them apart. Don't let that bog you down. The important thing is that you begin to see and recognize them.) Don't give yourself a "free-pass" on this exercise. Hold yourself accountable to listing at least three-to-five for each category.

<b>FAMILY/ RELATIONSHIPS</b>	
<b>HEALTH/ SELF-CARE</b>	
<b>WORK/ BUSINESS</b>	

## **Step Two: Challenge Your Beliefs**

Now it's time to challenge the beliefs you've just listed. Look at what you wrote and ask yourself this very simple question: "Is it 100% true?"

Write out your response thoroughly. Answer truthfully and fully.

Did any of the beliefs you've been living by prove to be false or inaccurate?

### Step Three: Find the Antidote

Look for truths that contradict what you've been brought up to believe. You may find this evidence in the Bible or other spiritual literature, or in the writings, observations, and quotes of modern-day heroes. Where the evidence comes from isn't as important as that you find and apply it.

### Step Four: What Will You Choose To Believe Now?

	Old belief	New belief
FAMILY/ RELATIONSHIPS		
HEALTH/ SELF-CARE		
WORK/ BUSINESS		

Write down three new beliefs (one from each category) in your journal. The point of zeroing in on only three is not to cap your creativity or potential, but to help you stay focused on developing a few new core beliefs. When your new, empowering thoughts become a natural part of your belief system, come back to this exercise and define a few more new beliefs.

### Step Five: Speak the Truth

Once you have written your new beliefs, read them aloud to yourself. Over time, those words will move from your mouth, to your heart, to your spirit. I encourage you to meditate on your new beliefs at least once a day. Make it part of your morning routine. As put your hand over your heart, close your eyes, and slowly and clearly repeat your new beliefs aloud, be sure and visualize what the beliefs look like. Let the words take root.