

MY LIMITING BELIEFS

WE ALL HAVING LIMITING BELIEFS IN AREAS OF OUR LIFE ESPECIALLY WHEN YOU ARE TRYING TO ACHIEVE A BIG GOAL OR DO SOMETHING THAT IS OUTSIDE OF YOUR COMFORT ZONE. THIS WEEK TRACK WHEN THESE COME UP FOR YOU AND WRITE THEM DOWN IN THE COLUMN ON THE LEFT USE THE COLUMN ON THE RIGHT TO RE FRAME YOU LIMITING BELIEF INTO A POSITIVE STATEMENT

MY LIMITING BELIEF

THIS IS WHAT I WILL TELL MYSELF INSTEAD