

Discover what **LIMITING BELIEFS** lie behind your greatest challenges, and change them:

1. What is a current challenge, situation, or pattern that you'd really like to change?
2. Why do you think this challenge/situation/pattern is occurring? (This/These are your limiting belief(s).)
3. What is the opposite/positive of this/these belief(s)?
4. What is/are the feeling(s) associated with this/these positive belief(s)?
5. What would your behavior be like with this/these positive belief(s)? (What would your life be like?)
6. What specific action(s) can you take with this behavior in mind?