



# Understanding the Why: What Are You Really Protecting Yourself From? Worksheet



Topic: How Limiting Beliefs Drive Self-Sabotage

## Self Sabotage - Week 2: 8-11-25

Limiting beliefs are often stories we've picked up along the way — and they can quietly shape how we show up in our lives. Use this worksheet to start exploring your own internal narratives and challenge what's been holding you back.



Step 1: Identify a goal, dream, or habit you've been struggling with:

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Step 2: What thoughts or beliefs come up when you think about pursuing this?

- - I can't because...
- - I'm afraid that...
- - People might think...
- - I always seem to...



Write down the limiting beliefs you notice:

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Step 3: Question the belief

Is it absolutely true? Who taught me this? What evidence do I have against it?

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Step 4: What is a more supportive or empowering belief you can choose instead?

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*Remember: You don't have to be perfect to make progress. Becoming aware of your beliefs is the first brave step toward change.*