

How to Stop Limiting Beliefs

Life Purpose Quest Worksheet

Video 7

Discovery Questions:

- *What is the CURRENT scene of your life movie? (a.k.a. your present life experience).*

- What is happening?

- Who is in your scene?

- What are your biggest dreams and desires?

- What are your biggest obstacles?

- What are your biggest fears?

- Where are you feeling stuck or limited?

Presented from: Twist Your Thinking Coaching by Sasha Gray

May not be copied, shared, or presented outside the Glitter & Grace Club without express, written permission

Overcoming Limiting Beliefs

ASSUMPTIONS

Take a moment to write down common phrases you tell yourself that assume negative outcomes or why things are not possible. Examples: “things never go my way” and “I’m not good enough”. The phrases often include words like “always” and “never”. If you’re having trouble thinking of what limits you place on yourself, imagine yourself really going for your dream and then ask yourself: “So, why won’t it work?”

Assumption/Belief	Is this 100% true? How do I know?	what evidence do I have that the OPPOSITE is true?

Presented from: Twist Your Thinking Coaching by Sasha Gray

May not be copied, shared, or presented outside the Glitter & Grace Club without express, written permission

OBSTACLES

The other type of limiting belief we're going to address is the obstacles we anticipate getting in our way. These are situations or people that you feel will prohibit you from doing what you need to do to move toward your destination. Common perceived limitations often include money, time, family members, lack of certain resources, or lack of knowledge.

Possible Obstacle	Are you 100% sure this will happen?	How could you prevent or work around this obstacle?	What OTHER way could you accomplish your goal?

By looking at your own Limiting Beliefs, you are better able to find out the reality of your obstacles and dismiss those assumptions that are holding you back.

I LOVE this exercise because it really makes you question what has been holding you back while helping you see the possibilities!

Glitter & Grace,
Sasha

Presented from: Twist Your Thinking Coaching by Sasha Gray

May not be copied, shared, or presented outside the Glitter & Grace Club without express, written permission