

7 STEPS TO BANISHING A LIMITING BELIEF

1. Ask yourself if the belief is true.

- Read the belief aloud and ask, "*Do I really know that this is true?*"
- Answering 'no' to yourself might seem silly, but simply stating that the belief might not be true gives you permission, subconsciously, to continue and examine the belief more objectively.

2. Determine the source of the belief.

- How did I get this belief? Where did it come from?
- Sometimes we believe things with a lot of certainty, but when we really think about it, we're not sure *why* we believe it. If you're going to base your decisions around a belief, that belief should have either come from an expert or a lot of personal experience.
- An expert should be someone that started where you are and then achieved what you want to achieve.

3. Your declaration.

- Declare to yourself, "***I don't believe this anymore. It's not true.***"
- Now look for proof to show yourself that it's not true.

4. Imagine being free from the belief.

- What would your life be like without this belief?
- How would you change?
- How would your life change?

5. Replace the belief.

- Find another belief that counteracts the old belief.
- Getting rid of the limiting belief is good, but eliminating it and replacing it with something positive is great!

6. Find evidence for the new belief.

- Find evidence that this new belief is valid.
- Keep adding evidence until you feel comfortable with the new belief.

7. Test yourself.

- Observe your feelings, behavior, and results after replacing the belief.
- Once you've eliminated the old belief and replaced it with something you like better, you'll feel and behave differently, producing more pleasing results!