

BANISH LIMITING BELIEFS

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IDENTIFY IT

When you encounter a challenge ask yourself "Why did this happen?" "What led to this choice?" "What belief underlies that?" "What need am I trying to meet?" Figure out what limiting belief has held you back

SEEK THE SOURCE

Think back to your earliest memory of this belief. What happened to make you believe it? Were you told by someone this was true? Was it something you told yourself based of an experience you had?



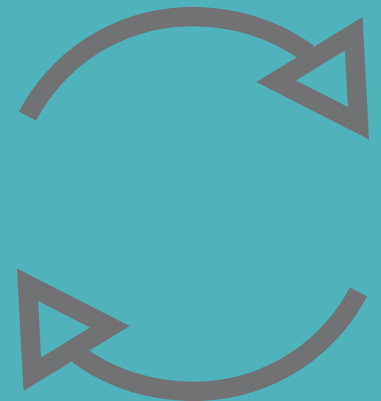
RECOGNIZE IT'S NOT TRUE



If you're using words like "always," "never," or "can't," chances are, its a limiting belief, not the truth!

ELIMINATE AND REPLACE

Ditch the old way of thinking, and adopt a new, empowering, yet realistic, belief in it's place.



ACT AS IF

You base ALL your decisions and actions based on your beliefs. Make sure every move you make is in like with the new belief. Even if it doesn't feel real, just pretend, and keep doing it

FIND EVIDENCE

Actively go through your day trying to find evidence to support your new, empowering belief. At the end of the day write down all the evidence you found and celebrate, and visualize who you will become living in your new truth!

