



Are Limiting Beliefs Holding You Back?

Date / Time: What have you brought mindful awareness to today? Check all that apply.

Mind

Body

Nutrition

Environment/Relationships

Before doing this worksheet find a place where you can think freely and actively utilize the concept of [metacognition](#).

Answering the following questions will help you along the path to identifying, eliminating, and replacing all mental obstacles and limiting beliefs.

1. What are the most challenging situations in my life? If I could overcome these challenges, which one would have the biggest impact on my life?

2. With reference to this challenging situation, what beliefs are keeping me stuck?

3. Are these beliefs true? How can I be certain that they're true?

4. Where did I get these beliefs? Is that person or source an expert?

5. How would my life change if I eliminated these beliefs?

6. What would be a positive belief that serves me better?

7. What evidence supports this new belief?