



LIMITING BELIEFS WORKSHEET

Problem Identification

First, let's identify the problem before trying to find an underlying limiting belief:

What are you trying to accomplish that is a real problem for you?

Is this an ongoing problem or the result of something new?

How long have you been trying?



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Root Cause

Let's use the "5 Whys" approach to get to the root cause of the problem (keeping ask 'Why?' to drive to the cause):

What has been stopping you from success?

Why is this a barrier?

Why do you have this barrier?



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Root Cause

Continuing to drive deeper to find the root cause:

Why do these conditions exist?

Why does this happen?

What else?



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Limiting Belief

Based on the above analysis, do you see an underlying limiting belief that causes the problem?

What is the limiting belief?

Can you remember when you started believing this?

Can you remember why you started believing this?



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Reframing

Why have this limiting belief?

What needs does it fill? How well does it meet needs?

Need	Meet?	Shortcomings?
Belonging	Y / N	
Significance	Y / N	
Contribution	Y / N	
Growth	Y / N	
Certainty	Y / N	
Variety	Y / N	



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Reframing

Why have this limiting belief?

What fears does it tame? How well does it calm fears?

Fear	Help?	Shortcomings?
Success	Y / N	
Failure	Y / N	
Change	Y / N	
Worthless	Y / N	
Losing Identity	Y / N	
Poverty	Y / N	



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Reframing

Why have this limiting belief?

Is this a belief worth having?

Could the events that lead to holding this belief be interpreted differently?

Is there a different way to view the event that created this belief?

Is this belief absolutely true?

Y / N

Do you want to change this belief?

Y / N

Yes? Then let's find a better belief →



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Empowering Belief

Based on the above analysis, do you see an empowering belief to better meet your needs and tame your fears?

Re-write the limiting belief then draw a line through it!

Write an empowering belief (maybe the opposite of the limiting belief)

Refine the empowering belief to best meet your needs and calm your fears



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Adopting a New Belief

My new empowering belief

Congratulations, you may it through this process – hopefully with a better understand of what has been holding you back and how your thinking needs to change.

In order to adopt the new belief, you need to find evidence to prove to yourself that it is true. Everyday, look for examples of how this belief is true. Start with tiny examples in your life or examples from other that already hold the belief.

The important part is to build up a body of evidence so you truly adopt the belief – and begin acting from it. An excellent method is to start a journal to record these examples and review it until even your subconscious is convinced!



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