



# Discover your Soul's Purpose

## Shifting limiting beliefs

Limiting beliefs are like road-blocks. We come up against them and rather than seeing them for what they are (old ideas about our past experience) we often see a dead-end.

Use this worksheet to help you transform your limiting beliefs into possibilities and solutions and watch your vision become reality.

Write down your limiting belief. If you're having a hard time fully defining it, complete the sentence: "The reason I can't be who I truly want to be in my life is because..."

Then ask yourself the following questions:

1. Is it true for you? (Yes or no. If no, move to question 3). *Is this what you actually believe, or is it someone else's idea? Is it just an old concept or belief that you're holding on to?*
2. Can you absolutely know that it's true? (Yes or no).
3. How do you react, what happens when you believe that thought?  
*What emotions arrive when you believe the thought?*  
*What images of past and future do you see when you believe the thought?*  
*How do you treat yourself and others when you believe that thought?*



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4. What would your life look like if you simply didn't have this belief?

*How would you feel if this belief didn't exist?*

5. Is the opposite of this belief true?

*Find a situation in your life that supports the opposite of this belief.*