

# Limiting Beliefs Identification Workbook

## Introduction

As you move through this module, I will invite you to participate in reflective and written exercises that will guide you through an exploration of your limiting beliefs. This will assist you in getting to the heart of what they are, and understand how they perpetuate the patterns in your life that are preventing you from realizing all of your dreams.

Our limiting beliefs and patterns create the blueprint for our life. This course is about going within and changing these old patterns. In order to manifest your dreams and make them a reality, you first must heal your limiting beliefs so that new, more life affirming ones can take their place.

If you are not doing any work around your limiting beliefs, your ability to go deeper will be limited. Identifying your blocks will help you to realize and understand patterns and see how they have been subconsciously showing up in your life. For example, some people may hold the limiting belief 'I'm not smart enough', and as a result not be achieving the success in their career that they aspire to.

As you complete this module, you can expect to:

- experience the start of the transformation process
- become more aware of your beliefs and patterns
- develop a greater understanding of your conditioned beliefs about yourself
- become aware of your own sabotaging patterns
- increase your awareness of what's holding you back
- discover how or why you have not yet achieved your dreams

## Limiting Beliefs and Emotions

### **Are you being stretched yet? Let me explain...**

You are about to start a new adventure. You have set your intentions and now you are actively working towards the realization of your dreams. When we combine powerful intentions with higher emotional states, miracles can happen.

But as your dreams near closer it's normal to begin to feel stretched. Stretched emotionally, mentally, and maybe even physically. You are being stretched out of your comfort zone so that you can step into a whole new potential for self. There is a common saying that states, "Any great changes are preceded by chaos". It's as if things have to be shaken up enough to create the shift. The stretching phase can feel uncomfortable and it's only natural to want to move away from any discomfort. But here's the thing...unless we allow ourselves to be stretched we will not be able to experience real, lasting change.

As feelings start to arise within you, know that you are in the process of transformation. Either the emotion is an indicator that you are touching into a limiting belief or pattern that needs healing, or you are already in the process of letting go so you can make room for the new manifestation. For example, if you find yourself crying you are experiencing a release through the shedding of tears. Celebrate this release as it represents the shift happening within you.

As the emotions come to the surface, a softening of that which has been holding you back begins to occur. It is not uncommon to experience anxiety or fear when we begin to examine our life. Change can be scary to the mind and yet without change we cannot grow. I invite you to breathe through the feelings instead of trying to change them. Stay with the emotion with your breath until you physically feel a softening or release.

Often we will experience uncomfortable feelings as we move through any change or transformation. Chaos often precedes change. When you feel that discomfort, take the time to feel your feelings and be fully present with whatever comes up for you. We don't want to avoid or shut down our experience as this just slows the transformation process down.

Now it's time to connect with your limiting beliefs. Even if they are painful to acknowledge, once you have named them and see how they are holding certain areas of your life back, you can then release them and witness new things as they begin to show up for you.

## Instructions

This exercise was designed to guide you through an exploration of your subconscious and reveal to your conscious mind anything that has been preventing success in certain areas of your life so far.

### 1. Getting Started

- Print off the list of Reflective Questions below. (If you do not have access to a printer I recommend transcribing the list of questions and documenting your answers in your journal. The written part of this work is critical and you won't experience the same level of integration if you only do this exercise mentally.)
- To get the most out of this experience, 100% of your focus will be required. Pay attention to your physical and emotional environment before you begin. It is recommended that you complete this exercise in a quiet and uninterrupted space, free from the distraction of technology and the clutter of today's busy lives.
- An open, flexible mind is a great asset for transformation and change and will be helpful when completing this activity. Take a moment and tune into your sense of vulnerability and willingness prior to beginning this exercise.

### 2. Written Exercise


- Work your way through the guiding questions one at a time, and write down all your thoughts, ideas and responses in the lines provided underneath each question.
- This activity typically takes a total of 1-3 hours to complete. It can be done all at once or broken down into sections over a period of days. Regardless of how and when you complete the exercise, the most important thing to ensure is that you have all the time and space you need to complete it in full.


- You do not have to complete the list of questions in any particular order. Feel free to move through them in whichever way makes most sense for you.
- If you find yourself having a particularly strong emotional response to any of the questions, know that it is okay for you to pace yourself and tackle the answer only when you feel ready and prepared to do so.
- By the time you have completed the list you will have identified many of your limiting beliefs.

### Other Considerations

In addition to this workbook, we also suggest using your journal daily to make note of what is coming up for you in this journey. This is because the beliefs that you tune into and awaken in this exercise may bring themselves forward in magnified ways in your life now that you have acknowledged them. For example, the next time you are attempting to do something that you wish to have success with, be conscious of any limiting thoughts you are having and write them down. Then ask if the stories you are telling yourself are life affirming or limiting in nature? By illuminating these persistent, automatic, and previously accepted thoughts, we break the cycle of self-sabotage.

As you move through this content you will be asked to engage in a continual process of reflection. Prior to getting started on the written, please take the time to read the following note on self-reflection.

-  The identification of our limiting beliefs can be extremely liberating but also often mentally and emotionally challenging. It is a reflective, silent and iterative process that can't be rushed or taken lightly. There are no shortcuts to self-awareness. When we are assisting clients through this process in private practice, we are present with them and therefore able to provide comfort and energetic support. It can be difficult and often painful to awaken and confront these beliefs. As hard as it may be, if it is not done, change will never occur.

 As with coaching clients, we remind you now to breathe and stay present. Take breaks when you need them and return only when you are ready. Taking time to reflect helps to bring the often deeply embedded limiting beliefs to the surface so that the processes in the course can start to transform them. Be gentle with yourself and try not to sabotage your efforts by denying what comes up. Trust that there is growth, expansion and beauty on the other side. Also, remember that all of the meditations and energetic processes that we offer throughout the course are designed to provide you with the energetic support and guidance required to shift your limiting beliefs. This kind of lasting change takes time and true commitment from you, but when done correctly will bring you joyful and optimal results.

### Reflective Questions

1. Are you aware of any patterns that keep showing up in your life? For example, no matter what you attempt you always end up failing.

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4. Do you feel like you are going upstream or downstream in life?  
Resistance always feels like we are going upstream.

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5. Do you believe that you have the power to manifest the life of your dreams? If not, what do you believe is standing in your way?

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6. Are you aware of your parents' limiting beliefs and patterns? It's often easier to see other people's limitations and as children we often mirror the beliefs of our parents and guardians.

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7. Are you aware of any emotions coming up as you look at yourself and your patterns?

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8. Where do you sabotage yourself? In your relationships? Work? Creativity?

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9. Do you feel fulfilled in life? If not, what is getting in your way?

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10. Do you feel you deserve to be happy? In all areas of your life?

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Now that you've explored your inner beliefs more closely, we invite you to take a look at what you have written down in this activity. Ask yourself this one important question:

**Do you know for sure that what you believe about yourself is true?  
For your truth will always feel life affirming, expansive and  
unlimited in nature.**