

# Breaking Limiting Beliefs

JOURNALING PROMPTS TO OVERCOMING LIMITING BELIEFS

LIMITING BELIEFS ARE THE BELIEFS THAT STOP US FROM PURSUING OUR DREAMS OR ACHIEVING OUR GOALS. LIMITING BELIEFS ARE THOUGHTS THAT WE BELIEVE TO BE THE TRUTH. LIMITING BELIEFS MIGHT HAVE A LOT OF NEGATIVE IMPACT ON OUR LIVES AS IT IS FORMED IN OUR SUBCONSCIOUS MIND. GREAT NEWS ARE THAT IT IS POSSIBLE TO REWIRE THOSE THOUGHT PATTERNS AND FREE OURSELVES FROM THOSE NEGATIVE LIMITING BELIEFS AND START CREATING THE LIFE OF YOUR DREAMS.

WHAT WOULD YOU LIKE TO IMPROVE IN YOUR LIFE?

WHAT KIND OF BELIEFS DO YOU HAVE THAT STOPS YOU FROM TAKING A STEP TO IMPROVE YOUR LIFE?

WHAT THOUGHTS WOULD YOU LIKE TO HAVE?

HOW WOULD THIS FUTURE/DREAM VERSION OF YOU ACT TO ACHIEVE THOSE IMPROVEMENTS?

WHAT ONE SMALL STEP COULD YOU DO TODAY TO MOVE CLOSER TO THE LIFE YOU WANT TO CREATE?