

Step 1: Grounding

Take 10 deep breaths with your eyes closed and get into that meditative state. Clear your mind of all thoughts and prepare to receive answers.

Step 2: Identify a Limiting Belief

What is the number one limiting belief coming up for you?

Step 3: Explore Your Memories

What is the first memory that comes up when you think this thought?

Step 4: Identify the Deeper Limiting Belief

What did I decide about myself when I experienced this?

Step 5: Examine the Cost of the Limiting Belief

What is the cost of believing this thought?

How has it affected the results in the past and present?

How will it affect you in the future if you don't change it?

Step 6: Give Yourself Permission to Shift

Am I consciously choosing to shift my beliefs and make a change?

Step 7: Create a New Belief

Choose a new empowering belief that will serve you better. State that new belief in the first person and in the present tense.

Step 8: Rewrite Your Story

Go back to that memory and reinterpret the experience in a way that serves you better, aligned with the new belief.

Step 9: Claim Your New Belief

State your new belief out loud with confidence, conviction and power. Say it repeatedly. Declare it in a way that feels most authentic to you.

Do you commit to living this new belief and finding evidence to support it?

Write Your New Belief Here: