

# Limiting Beliefs

Understanding and addressing limiting beliefs is non-negotiable for anyone on the path to feeling more alive, powerful, informed, and sovereign.

Why? Because we mistake our beliefs for facts—when they're usually just walls between us and the audacity to live fully. Every woman I've ever worked with (myself included) has carried beliefs that quietly robbed her of pursuing her truth, desires, needs, or the version of herself that holds the life she deeply craves.

This is the work of dismantling old narratives so you can live in alignment—with your biology, your needs, and your truth.



**Step 1: Using the list on the next page, reflect on which limiting beliefs you tend to hold. If there are others, write them down**

Take 15-20 minutes to reflect on how these limiting beliefs show up in your life: What activates this thought pattern? Where does it come from? How do you treat yourself when you think in this way?



**Step 2: Want to break a limiting belief?**

Ask yourself these questions & write the answer in a journal or in the coming pages.

- What limiting belief do I have right now?
- How is this belief holding me back?
- If I choose to believe this belief, what will my future look like? In other words, what would I miss out on if I decided that this limiting belief was true?
- Is this belief actually true? (Yes or no.)
- Why is this belief false?
- How do you react (or what happens) when you believe that thought?
- Who would you be without the thought?



**Step 3: Turn it around**

Find ways to turn the belief around. This means considering alternative perspectives or flipping the belief to its opposite. For example, if your belief is "I'll never have enough money." Turn it around to "I have all the resources I need." Consider playing with initial sentence openers like:

- I decide that...
- I choose to know to believe...
- I trust myself when...



#### **Step 4: You can create new beliefs that serve you more**

Ask yourself these questions:

- What do I want to believe instead?
- If I choose to believe this thought, what would be different about how I show up right now?
- If I choose to believe this thought, what will my future look like?
- What would I gain if I decided that this new belief was true?
- Is that belief actually true?
- Why is that belief totally true?



#### **Step 5: Fake it till your brain believes you**

Write your chosen beliefs on post-it notes. Keep them on places like your fridge, bathroom shelves, car dashboard, and closet doors. Consider making your screensaver or wallpaper of your phone reflect on of your mantras. It sounds simple, but it works. You are actually rewiring your brain with this perception - and our perception is our reality.

# Limiting Beliefs

Look through the old beliefs below and choose 1–3 that resonate with you (or add your own). In the column beside them, write the expansive version—a reframe that feels more true, empowering, and aligned with who you’re becoming. Think of it as the upgraded thought your nervous system can start to believe.

## OLD BELIEFS

- I’ll always be sick
- My symptoms are forever
- I don’t know my body
- I don’t have enough time
- Health is expensive
- I’m too much
- I’ll never lose weight
- I’m always tired
- I’ll never sleep better
- I’m not smart enough
- I’ll never have enough money
- I’m too old
- Everything is broken
- I’m not good enough
- I’ll never find a partner
- I’ll never feel happy
- I’ll never be successful
- I’m not worthy of love

**What are yours? List them below and on the next page:**

## NEW BELIEFS

- My body can heal
- My symptoms are temporary
- I trust my body’s messages
- I decide I have time for my vitality
- I trust I’m never too much
- My weight shifts with ease
- I believe my energy is returning
- I trust my sleep will restore
- I trust money flows as I align
- I decide my age works for me
- I believe nothing is broken
- I trust I am enough
- My partner is on their way
- Pleasure is available now
- Success comes from who I am becoming
- I am worthy

**What are yours? List them below and on the next page:**

