



Reframing Limiting Beliefs

A Guide to Rewriting the
Beliefs That Hold You Back and
Designing Your Path Forward

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WHAT ARE Limiting Beliefs

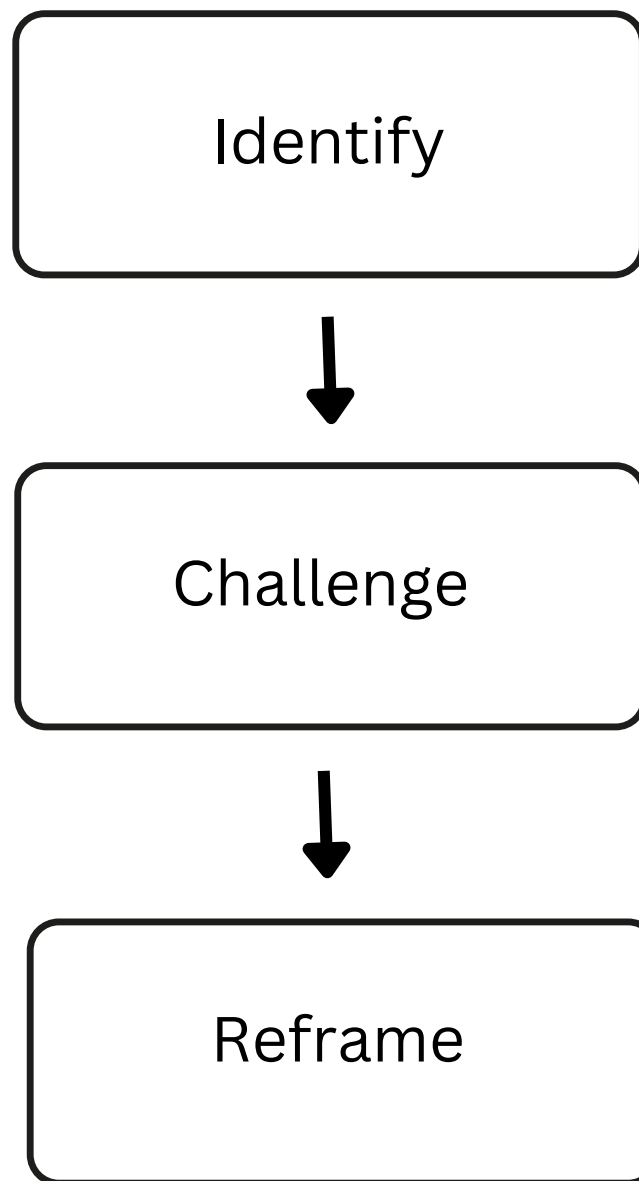


Limiting beliefs are subconscious and restrictive thoughts that shake our confidence, cause us to create self-imposed barriers, tend to foster doubt and fear, and stop us from achieving our full potential.

Examples of common limiting beliefs

- “Pursuing your passion is a luxury, I need to be realistic”
- “Success is based on my title and salary”
- “I should be grateful for any opportunity I get”
- “Self-care is selfish”
- “I’m not ready for the next step”

HOW TO Reframe Limiting Beliefs



EXERCISE

Reframing Limiting Beliefs

6 Powerful Questions to Challenge and Transform Your
Limiting Beliefs

1. What is a limiting belief you hold?

1.

2. Where did this belief come from?

2.

3. What evidence do you have that supports or contradicts this belief?

3.

EXERCISE

Reframing Limiting Beliefs

6 Powerful Questions to Challenge and Transform Your
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4. What might be different if you didn't hold on to this belief?

5. What is a different and more empowering belief?

6. What can you do to remind yourself of and reinforce this belief?

Meet Your Coach

Hi, I'm Lindsay Benitez!

Founder of Lindsay B Coaching, LLC

Lindsay Benitez specializes in helping leaders build confidence, redefine success, and create authentic careers and lives. A certified coach and trainer with 15 years of HR leadership experience, she combines her expertise, coaching mastery, and lived experience as a First-Generation leader to empower leaders at all levels through workshops, coaching, and talent development programs.



Interested in how coaching can help you design your most authentic career and life?

Let's connect!

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