

Limiting beliefs



In this section, try to identify other beliefs that are holding you back and how you can reframe them to be more productive. For example, you may have been taught when you were little that “money does not grow on trees”. While it’s true in a sense, a more productive way of thinking would be that “I will be rewarded for the value I provide for others – the more I give, the more I will receive”

<u>Current Belief</u>	<u>Better Alternative</u>
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A Belief that is holding you back:

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

