

## Limiting Vs. Empowering Beliefs

Limiting Beliefs	Empowering Beliefs
“There is no way I can succeed.”	“There is always a way, if I stay committed enough.”
“I’m just not motivated.”	“I can create self-motivation whenever I want”
“I can’t pursue my dreams because I don’t know what I’d do if I fail...”	“There are no failures, only outcomes—as long as I learn something, then I’m succeeding.”
“Because of my past, life is very difficult for me and I will continue to struggle.”	“My past doesn’t equal my future. I appreciate and have learned from my past because it prepares me for my exciting future.”
“Money is the root of all evil.”	“Money isn’t everything, but I can use it to help even more people and achieve many of my dreams”
“I can’t trust people because I’ve been betrayed before...”	“There are great people I can trust, especially when I trust myself first.”
“No one will ever love me. I don’t deserve love and happiness.”	“Because I have a wonderful heart, I will meet someone special one day.”
“Bad things always happen to me. I just have more bad luck and obstacles than others.”	“Everything happens for a reason and for a purpose that serves me.”
“I can never do this. It’s just too hard.”	“I am capable of any task that is given to me as long as I ask questions and put enough effort.”
“I’m completely out of control when I eat”	“I eat healthy foods that will strengthen my body and mind.”
“I don’t want to ask for what I want because, what if I get rejected?”	“I work hard for what I desire in life. I ask for help because my needs and goals are very important to me.”
“Why even try if I know I’m not going to follow through. I’m just a procrastinator.”	“I try hard because I am committed to my goals. It’s not about being perfect, but it’s about making progress.”
“Smart people are born that way. I’m just not smart/talented/etc”	“No one was born smart. I can learn anything if I work hard at it and ask for help.”
“I want to be successful all by myself. I don’t need any help.”	“I can reach more success by working with others and learning from them.”
“I’m not good enough. I’m worried about what people will think of me.”	“I’m confident and bold in all that I do and I give myself permission to not be perfect.”
“I don’t believe in myself or my goals.”	“I believe that if I create small achievable goals, that I will develop confidence.”



Name \_\_\_\_\_ Date \_\_\_\_\_

1. What's the difference between limiting and empowering beliefs?

2. Where do you think limiting beliefs come from?

3. Do you think we change our limiting beliefs? If so, how? If not, why not?

4. Circle any limiting beliefs you might have from the list on the first page of this document.