

What's stopping you?

- Think about something you aspire to.
- Notice how you soon your limiting beliefs get in the way.
- List the beliefs that are limiting you.
- Do a litmus test on each limiting belief.
 - Would this belief change with new information? Yes / No
 - Does this belief survive because you ignore some facts? Yes / No
 - Will this belief stand the test of time? Yes / No
 - How do you feel about this?
- How do you want to feel about this?
- Explore this further:
 - What are the facts?
Get new information. Prove your limiting belief wrong by finding evidence or moments that contradict what you've been telling yourself.

- Take another perspective

View yourself as if you are a kind observer who can see you in a kind and objective way.

- Question how this belief serves you.

- What true and kind belief would serve you better?

- Decide on some small steps to take that will gradually change your beliefs.