

Reframing Limiting Beliefs

"The only limits in life are the ones you create with your own mind."

Seeing Through the Veil

We have a tendency to focus on what we don't want...The human brain has a natural tendency to give weight to (and remember) negative experiences or interactions more than positive ones—they stand out more. "The brain handles positive and negative information in different hemispheres", Negative emotions generally involve more thinking and the information is processed more thoroughly than positive ones "Thus, we tend to ruminate more about unpleasant events—and use stronger words to describe them—than happy ones."

So how do we start feeling worthy of the life we actually want? It starts with seeing the spells for what they are so we can choose to write a new story, rewire our brain to see what is true and empower our future..

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Step 1: Identify One Limiting Belief You Want to Work With

The first step to overcoming a limiting belief is to identify them. Oftentimes, these beliefs present themselves as a thought in your head rather than something you say out loud. Getting these thoughts out on paper can help separate them from fact or

fiction and allow you to see how untrue they really are and alleviate any stress associated with the belief when it is left spinning inside the mind.

✨ In full honesty write down (or if you are like me and prefer to use voice notes), clearly and honestly **state a limiting belief you are ready to reframe in a positive light.**

- **I'm not good enough:** "I'm not good enough to start a business."
- **I'm too old or too young:** "I'm too young/too old to pursue my goal."
- **I don't have enough time:** "I don't have enough time to invest in myself."
- **I'm not smart enough:** "I'm not smart enough to lead this meeting."
- **I don't have enough experience:** "I don't have enough experience for this big career move."
- **I'll never be successful:** "I'll never be successful."
- **I don't have enough money:** "I don't have enough money to enjoy my life."
- **I'm not talented enough:** "I'm not talented enough to get a promotion."
- **I'll never be a great leader:** "I'll never be a great leader with my lack of confidence."
- I will lose my freedom (value), if I pursue my soul work.
- **I will be rejected,** if I put myself out there

Step 2: Is it really true?

Ask yourself, is this belief really true? Can you know with absolute certainty? Generally, limiting beliefs lose their power as soon as we consider that they may not be true.

Step 3: Find Evidence to Support the Opposite

Contradict your own beliefs...and state the evidence that supports the opposite...remember that your beliefs are called that because you innocently bought into them at one.....they lose their power when you can discredit your own story...by finding ways to validate the opposite...and replace it with a more favorable outcome.

- Ex...I have always attracted people that come to me for..
- True success is the joy of expressing my gifts with those I love.
- I have naturally been helping people with _____for years...

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- I have already successfully supported well over _____ people in _____.
- The moments where I have felt the most happy and free didn't involve money...money doesn't equate to freedom.

Step 4: Compassionate Forgiveness + Rewrite the New Empowered Story

Just like you created a negative story, you can now flip the script to rewrite a more empowered and positive one.

Time to rewrite the old story, the limiting belief or program and compassionately forgive the perception around the event to open to an expanded lens of seeing it in the present without the emotional charge.

We can use **a simple statement of Compassionate Forgiveness** to let go of old misunderstandings and claim our inherent worth and value. You can use the statement below to forgive a misconception and reframe and claim it in a new empowered light.

"I forgive myself for buying into the misunderstanding that... (insert your judgment here). The truth is... (state what your current truth is now)."

Example: I forgive myself for buying into the misconception that I had to choose prosperity or happiness. The truth is I deserve to have both. I am worthy of living a life that is abundant in all forms. I attract abundance by being authentically who I came here to be. I am infinitely supported and open myself to opportunities that open the doors to prosperity to flow to me. I trust that change is positive and it is safe to step outside my comfort zone. I can relax into discomfort and greet it as a friend. I see the Universe as friendly and choose to be grateful for all I already have and all that is already on its way. I AM worthy of the life my heart desires and choose to externally take action towards it with faith and trust.

And so it is...Thank you, Thank you, Thank you.

Smile and receive.

As you say your new affirmation of truth, slow down to focus on how your body responds to them more than what you are saying.

This is a compelling exercise that will shine a light on the old stories you may be telling yourself and see the truth of how powerful and unique you are. Recognizing this, will empower you to make the small changes to show up more fully in your business, relationships, and life experience.