

ELIMINATING LIMITING BELIEFS

This is not my process, I had found it in a book by Kathrin Zenkina and LOVE the simplicity of the process!

1. Identify the limiting behaviour that's holding you back.
2. Isolate the underlying limiting belief. What do you have to believe to be true to keep repeating the same limiting behaviour?
3. Go back in time and find when you first developed the thought that led to your belief. Did you see something as a child? Did someone tell you something? Did you experience something that you assumed was the way that the world worked? What is the source of this belief?
4. Ask yourself what the benefits have been of holding onto this belief. How has holding onto this belief served you?
5. Ask yourself what the consequences have been of holding onto this belief. What have you missed out on because of this belief? How painful are these consequences to you and how ready are you to change?
6. Is there any ultimate truth to this belief? Or is it just a story? Find as many reasons as you can to prove to yourself the falsehood of your limiting belief. Dig into your experiences for this and see what you can dig out.
7. What would the Universe/God tell you about this belief? Can you see how this belief is doing nothing but limiting you from living your truth? From aligning with your true self? What is the actual truth about this?
8. Choose a new thought, and create a new story that empowers you. Formulate a new belief based on your answers from (7). Start acting as if you believe your new beliefs. Your subconscious doesn't know the difference between make believe and actual reality. To your subconscious, everything is reality. The new reality that you choose WILL manifest before you know it!

If you need any clarifying or examples of any, just let me know <3