

HOW TO REMOVE YOUR LIMITING BELIEFS

#1 WRITE DOWN YOUR LIMITING BELIEFS

For example: I'm not good enough.
People with money aren't good people.

#2 WHAT HAS THIS BELIEF TAKEN FROM YOU

What has believing this held you back from?

#3 FEEL THE EMOTIONS BEHIND THE BELIEF

How does believing this make you feel?

#4 CLEAR THE ANGER BEHIND THE BELIEF

Release the emotions behind the belief that has been holding your back.

#5 SAY GOODBYE TO THAT BELIEF

Write down a goodbye to your belief and why you don't need it anymore.

#6 MAKE A NEW POSITIVE BELIEF

Write down your new belief and how you will feel with this new belief.

#7 VISUALIZE IT

Close your eyes and connect to your breath. Visualize and feel the emotions behind your new thought and what it brings in your life.