Passion, Purpose and a Paycheck™
Three Squares Coaching & Consulting

January Jumpstart Playwork

Transforming a Limiting Belief

ALL beliefs are made up. They are not the "Truth." Rather, they are a personal *interpretation* of the "Truth." As such, we have the ability to consciously change them.

Under "Old, Limiting Belief," write down each statement from your "Obstacles" list that is either entirely or partially an internal limiting belief. Craft and write down a new *Empowering Belief* that you could choose to adopt in its place to support you as you pursue your Big Juicy Goal. Craft a statement believable to YOU.

Finally, choose one overarching ***New Empowering Belief*** that, if you CHOSE to believe it, would *inspire* you and give you *courage* to help make your Big Juicy Goal a *reality*.

My Old, Limiting Belief	My New, Empowering Belief
Example: Nobody will buy my art work.	**Example: I have a unique and special talent that many people appreciate**
Example: It would take too much work to succeed at this.	**Example: With the right help, I can do this faster more easily than I can now imagine.**

My NEW EMPOWERING BELIEF is…

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