



21-Day 'Kick Into Action' Teleseries

Please Print This Worksheet And Have It With You During The Call

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Day 3 – Limiting Beliefs

Notes:

Checking in with your goal

Remember to rewrite your goal today:

I am so happy and grateful

Understanding Beliefs

An important step in forming your new empowering mindset is to realize what your beliefs are and to question those that may no longer be serving you. Many times, beliefs left unchallenged will continue to limit you!

You can start to uncover your disempowering beliefs by being totally honest with yourself and the fact that in some areas you may just be making excuses! Successful people take responsibility and never make excuses. They commit to learn from every experience, good or bad. If a certain approach fails, they commit to trying a different tactic next time.

Exploring Your Beliefs

What beliefs do you hold that may be stopping you from taking massive action towards your goals?

Write down a list of limiting beliefs now!

Do not skip this step under any circumstances and do not stop until you are sure you have identified as many limiting beliefs as you can.



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Later, we will begin diffusing these beliefs, but for now, just write.

Notes:

Choose one of these limiting beliefs that you've held about yourself. Pick a belief that has limited you and has stopped you from fulfilling your true potential in your life. For example, a belief like, "I'm not good enough, I don't have the qualifications, I don't have enough experience, etc."

Other beliefs may be:

- I'm unworthy of success
- Well, I just didn't get the lucky breaks in life that others get
- I'm just not meant to make any money
- I guess I'm destined for a life of struggle
- It won't last, it's only a matter of time before my luck runs out
- I'll never get out of debt
- I'm too young
- I'm too old
- I'm afraid of being rejected
- I'm fearful of what others will think
- I'm not very good at following through
- I'm not great at presenting
- I'm not an organized person



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A major limiting belief I've held onto is:

Notes:

Looking back across your life, where do you think this belief came from?

How has this belief limited your life in the past?

Assuming you were to hold onto this belief for the next 5 years:

How will this belief limit your future?

What will you lose as a result?



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How will this belief affect the quality of your life and relationships?

Notes:

How will it impact your finances?

What disempowering self-talk is coming from the little voice inside?

Why must you absolutely change this belief now?

Removing Limiting Beliefs

Now, we are going to begin removing your limiting beliefs that you have identified. For each belief that you identified, find and write down evidence that proves this belief is false.

For example, if you believe that accomplishing the goal of becoming Financially Free is more difficult for you or even impossible, look for evidence that proves the opposite is true.



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Who do you know who has accomplished this goal?

Notes:

What are the different beliefs that they hold in their mind?

What difficult things have you accomplished before?

Keep at it until you have enough evidence to discredit each limiting belief.

Adopting New Beliefs

My new empowering belief is:

Day by day in every way I'm



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Day by day in every way I'm

Notes:

Day by day in every way I'm

Turn your autosuggestions into questions

Examples:

Day by day in every way I'm getting better and better

Day by day in every way I'm becoming more and more prosperous

Becomes:

How exactly can I become better today?

How exactly can I make more money today?

Homeplay

1. Choose other major limiting beliefs that you've held about yourself and go through the above process again.

2. Remember to go into the Theatre of Your Mind and rehearse your Mental Movie.