



THE Possibility MOM

CHAPTER 3

LIMITING BELIEFS

Limiting beliefs can often be uncovered by paying attention to times we use the phrase, "there's no way I can do that, because..." Identify the areas in your life you use this phrase and list them below.

Example: I have no free time to expand my business because of my children

Limiting beliefs can be challenged by asking three questions:

1) Is this really true, or is there another option? 2) This might be true right now, but will it be forever? 3) I might feel this way today, but does it reflect reality? With this in mind, how might you REFRAME your limiting beliefs into more positive statements that reflect reality?

Example: I have choice and control over how I spend my time, and I can strategically use my time to build my business around the schedule of my family

As a result of these statements above, what is one concrete thing I can do today to push THROUGH these limiting beliefs and get closer to my goals?
