

Limiting Beliefs Exercise

Specifically, their own Limiting Beliefs. The purpose of this exercise is first to recognise those limiting beliefs, recognise that they are getting in your way, then remove them by turning them into empowering self-beliefs.

DRAW YOUR LIMITING BELIEFS HERE:

Step 1:

Make A List Of Your Beliefs Take a notepad or some paper (or use the next page) and write down everything, every belief you have about and around the subject of networking, communication and relationships in general.

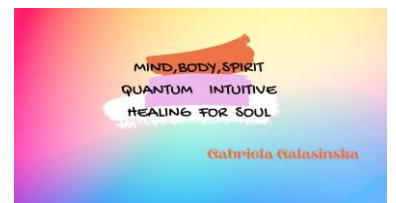
For example: • I believe successful people generally have great networks. • I believe I am a good/bad communicator. • I believe offline networking is easier than online networking. • I believe I don't have the right skills to be an effective networker. • I believe there's no point in going to networking events because I am not a good networker.

Note: These are just random examples, please don't just copy any of those above, write your own beliefs in your own words.

Go on, just write down every belief you can think of about networking, communication and relationships in general.

When you have filled in at least a full page, return to each belief and identify those which have stopped you from doing something you really wanted to do.

These are your limiting beliefs.



Step 3: Now Turn Your Limiting Beliefs Into Positive

Self Belief Once you've identified your main limiting beliefs and have recognized how negative they are for you, write down what these beliefs would need to be for you to be able to get the results you want.

I believe I am a bad communicator. could become: I

believe I communicate well when I am comfortable so I need to find ways to make myself comfortable more often if I want to be a better communicator.

I believe offline networking is easier than online networking. could become:

I believe online networking is different to offline networking so I should learn more about what can be done to learn more about the differences and how to network online as effectively as I do offline.

I believe I don't have the right skills to be an effective networker. could become:

I believe I can learn how to be a more effective networker.

I believe there's no point in going to networking events because I am not a good networker. could become:

I feel uncomfortable going to networking events because I'm not used to them, but I can do more to build my networking skills and this will help me to feel more comfortable at such events so that they can be more useful to me in the future when I need them.

Reading these examples, it might seem easy enough to do but, it might not be the case for you and your limiting beliefs, especially if you've believed these things all your life.



Step 3: Now Turn Your Limiting Beliefs Into Positive Self Belief Limiting Belief:

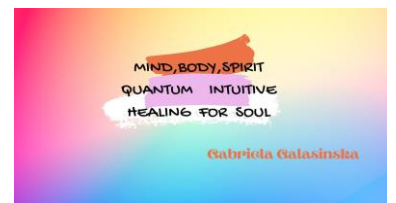
Positive Self-Belief:

Limiting Belief: _____

Positive Self-Belief:

Draw your EMPOWERING beliefs now , how can you see them now ?

WHAT MESSAGE YOU RECIVE FROM THIS EXERCISIE? How is that exercise help you ?



Testimonials from Souls from Workshop

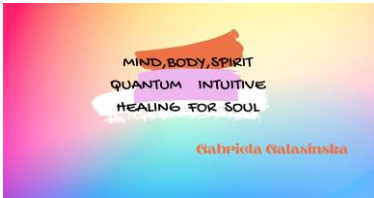
What was your Intention before workshop on limiting beliefs?

How is that workshop change your perspective?

What did you discover about yourself today?

Are you willing to continue your self-discovery?

What would you like to experience in next workshop?



WORKSHOP
Change
limiting
Beliefs

Limiting beliefs are those which constrain us in some way. The stronger the belief, the more evidence we find to support it- even if the belief isn't true and the evidence is an excuse. Such beliefs are often formed unconsciously based on our life experiences and opinions of others. Holding on to limiting beliefs prevents us from taking actions and from reaching our full potential. To overcome limiting beliefs, we need to: Have an awareness that a limiting belief exists and is affecting your life.

Identify, analyse the basis of, then remove the limiting belief from your life.

Let's go dive in and see them ...

1. In what area of your life are you not achieving what you want? What area of your life do you feel needs improvement?

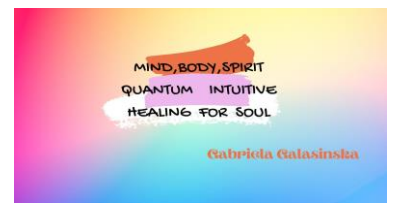
2. For each area, write down the reasons you are failing.

**For example, "I'm not progressing in my career because... {then write down your reasons}"
Continue to do this until you have all the reasons listed or you start to repeat yourself.**

Limiting Beliefs How to overcome them.

3. Go back and circle and the two top reasons- the strongest ones holding you back. Write them down below.

After each belief, write down WHY you believe this.



Now it's time for your new belief.

Write down your new belief that you're going to embrace in the area below.

Read it every day. And start taking actions based on believing this

