

BELIEFS

Now that you have let yourself go and imagined and have come up with some really cool stuff, your mind if it's anything like mine will tell you the reasons why you can't do these things or convince you that they're a bad idea. This is okay and it's very normal. It's a way that we all protect ourselves from risk, from failing, from looking bad.

Get out all your limiting beliefs, they might be things like:

I'm told old or I'm too young, I'm not smart enough, I'm not capable enough.

Make a list of these beliefs and write next to it if they're really true or is it just a feeling or what some person said. Example: My mother told me or my 6th grade teacher told me [there are many examples of high achievers who were told they couldn't do something or achieve]. Then next to that by stripping away this old thinking write what the new possibility would be [what would it be like if I was never told any of these things?]. Then look at your list from the previous exercise and do the same thing with each idea you have come up with. Take your time with this. You are on your way to mastery. Be vulnerable. You are brave.

<i>LIMITING BELIEFS</i>	<i>IS THIS TRUE?</i>	<i>WHAT IS YOUR NEW POSSIBILITY?</i>

Congratulations! What did you notice? What have you discovered? Any patterns come up?