



PERFORMANCE  
POTENTIAL<sup>LTD</sup>

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## WORKSHEET

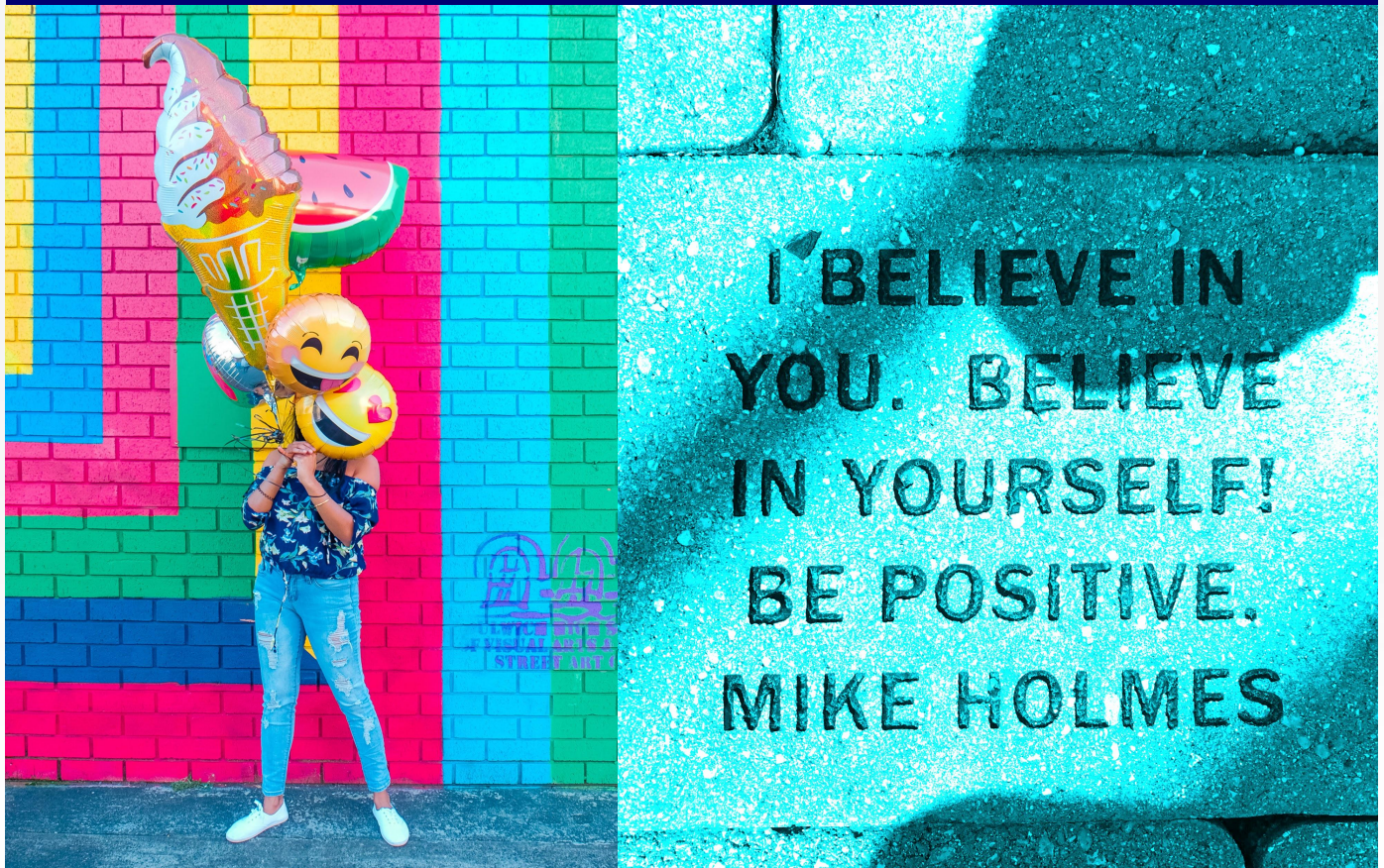
# OVER- COMING LIMITING BELIEFS

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## ACTION

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## SESSION 4 WORKSHEET: OVERCOMING LIMITING BELIEFS



**When we struggle to achieve our goals, it is usually because we have put some sort of barrier, mentally in the way. It may be a belief we grew up with, something someone once said or did or even fear of what might happen when we do achieve our goals.**

Every time we say we can't do something, this is a limiting belief. Even if we don't consciously say the word, the feeling is there in our unconscious mind and it affects our behavior.

Sometimes our limiting belief stems from childhood. Perhaps someone told you that you couldn't do a certain thing when you were young, a parent or teacher whom you believed knew better than you. These childhood beliefs can taunt us throughout life and become part of our identity. You might say, for example, I am someone who can't do math or I am someone who can't write well.

**NOW: Is your opportunity to revisit these old beliefs about your ability and decide whether they are serving you well today. Maybe now is the time to change them for good.**

## EXERCISE: OVERCOMING LIMITING BELIEFS

- 1) Draw up a list of ten things you think you can't do right now. Then write alongside each one how you know this. What is your evidence.

I CAN'T	I KNOW THIS BECAUSE

- 2) Take one of your limiting beliefs from the list above, and write down again how do you know this to be true.


- 3) How is this belief a problem for you?




4) When does it affect you most?


5) What is it that you are currently not able to do because of this problem?


6) How much do you want to overcome it on a scale of 1-10, with 1 being not at all and 10 being more than anything in the world?

1	2	3	4	5	6	7	8	9	10
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7) What is the positive benefit of having this problem?


8) When this problem disappears, what will you have to do that you are currently not doing?


9) Do you believe that this problem is within your control?


10) What is stopping you from changing this belief?


11) Imagine now that the problem is gone. The belief you had is in the past. What do you see, hear and feel that makes you sure it has well and truly gone?
