



WHAT DO YOU BELIEVE?

Do you believe you deserve to live a life full of happiness, peace, joy, abundance, and love?

☐ NO ☐ YES

How often do you feel good throughout your week??

- ☐ 0 days
☐ 1-3 days
☐ 4-7 days

Take some time to reflect on your answers.

Do you need to reprioritize your relationships?

☐ NO ☐ YES

Do you believe that you deserve love, happiness, peace, abundance, and joy? *Do you ever feel these emotions and think, "This is too good to be true?" Do you question good things when they happen to you? If so, it may be time to take a look at the beliefs you hold about yourself. Self-limiting beliefs keep us from enjoying the fullness of our lives. If you believe you don't deserve happiness, peace, love, etc. you will feel discomfort when you experience those emotions. Your internal landscape reflects your outward experience. In other words, what you believe about yourself shapes how you engage with life. Examining the beliefs we hold about ourselves will reveal the areas of our lives that need more attention, healing, and work.*

If you've reached a point in your life where you feel like nothing is changing...the patterns, experiences, thoughts, etc. are all the same, I invite you to take a look at the beliefs that you hold about yourself.

How do you respond to positive emotions like happiness, peace, joy, ease, etc.? Do you allow yourself to feel them, or do you reject these feelings? *Reflect on the last time you felt a positive emotion. How did you feel? Describe how you felt below. You can use colors, songs, short words, etc.:*

The last time I felt _____ this what I experienced: _____

What type of life do you believe you deserve to live?

What self-limiting beliefs could possibly get in the way of experiencing your life fulfilled; a life full of love, happiness, peace, abundance and joy?

Write down the self-limiting beliefs that you hold about yourself.

*Examining our self-limiting beliefs is challenging and very deep work because you have to look at the parts of yourself that you don't want to face. It is only by acknowledging these beliefs that you can begin to heal and transform them. Now that you have taken a look at some of your self-limiting beliefs, **what are 3 actions steps that you can put into place whenever you feel things are "too good to be true?"** These can be positive counter thoughts, release exercises, etc.*

1. _____
2. _____
3. _____