



## ***ELIMINATING SELF-LIMITING BELIEFS AND NON-PRODUCTIVE ACTIONS***

One of the quickest ways to overcome self-limiting beliefs is to identify exactly what they are and to replace them with the opposite, empowering beliefs. The same goes for any actions that are holding us back from achieving our goals. We need to identify those non-productive actions and replace them with the opposite, productive actions. When we do that, the path to success is significantly more clear and direct.

What are 3 self-limiting beliefs that you would like to replace with more empowering beliefs?

What are the opposite, empowering beliefs that you will commit to internalizing in place of the self-limiting beliefs?



What are 3 non-productive actions that you would like to replace with productive actions?

What are the opposite, productive actions that you will take to replace your non-productive actions?