

BREAK FREE FROM LIMITING BELIEFS

Most of the beliefs we hold about ourselves, which are not ours to begin with, come from things people said, moments that hurt and expectations we never signed up for. But we don't have to carry them anymore, making them part of our identity, giving them power to hold us back.

This exercise will help you see those beliefs for what they are, question them and finally let them go.

1. What's the story you've been telling yourself? Look at the words below. Circle the ones that resonate with you, whether they feel true, familiar or like they've been playing on repeat in your head.

Not good enough

Undeserving

Smart

Confident

Unworthy

Lazy

Hardworking

Invisible

Stupid

A failure

Unlucky

Too much

Or write your own:

2. Where did this belief come from? For each word you circled or wrote down, ask yourself this:

- Who told me this? (A teacher? A parent? An ex? Society?)
- When did I start believing it? (Was it one moment? Years of repetition?)
- What are the circumstances in which it was said to me? (A heated moment? Out of frustration?)
- Is it actually true? (Is there any evidence to back this up, real proof? Or just a feeling?)

Sit with this. Write it down. *Feel it*. Because awareness is the first step to letting go.

[illegible]

3. Let. That. Go.

For the ones that don't serve you, release them and rewrite them.

- Old belief: "I am not good enough."
- New truth: "I am learning and growing every single day and that's enough."

Say it out loud. Write it down somewhere. Every time the old belief creeps in, remind yourself that *it was never yours to carry*. You are rewriting your story and getting one step closer to your true self.

I remember performing a symbolic ceremony of cutting up the words and phrases that represented my limiting beliefs and it felt like a beautiful way of letting go. So do what feels right to you as you release what doesn't serve you.
