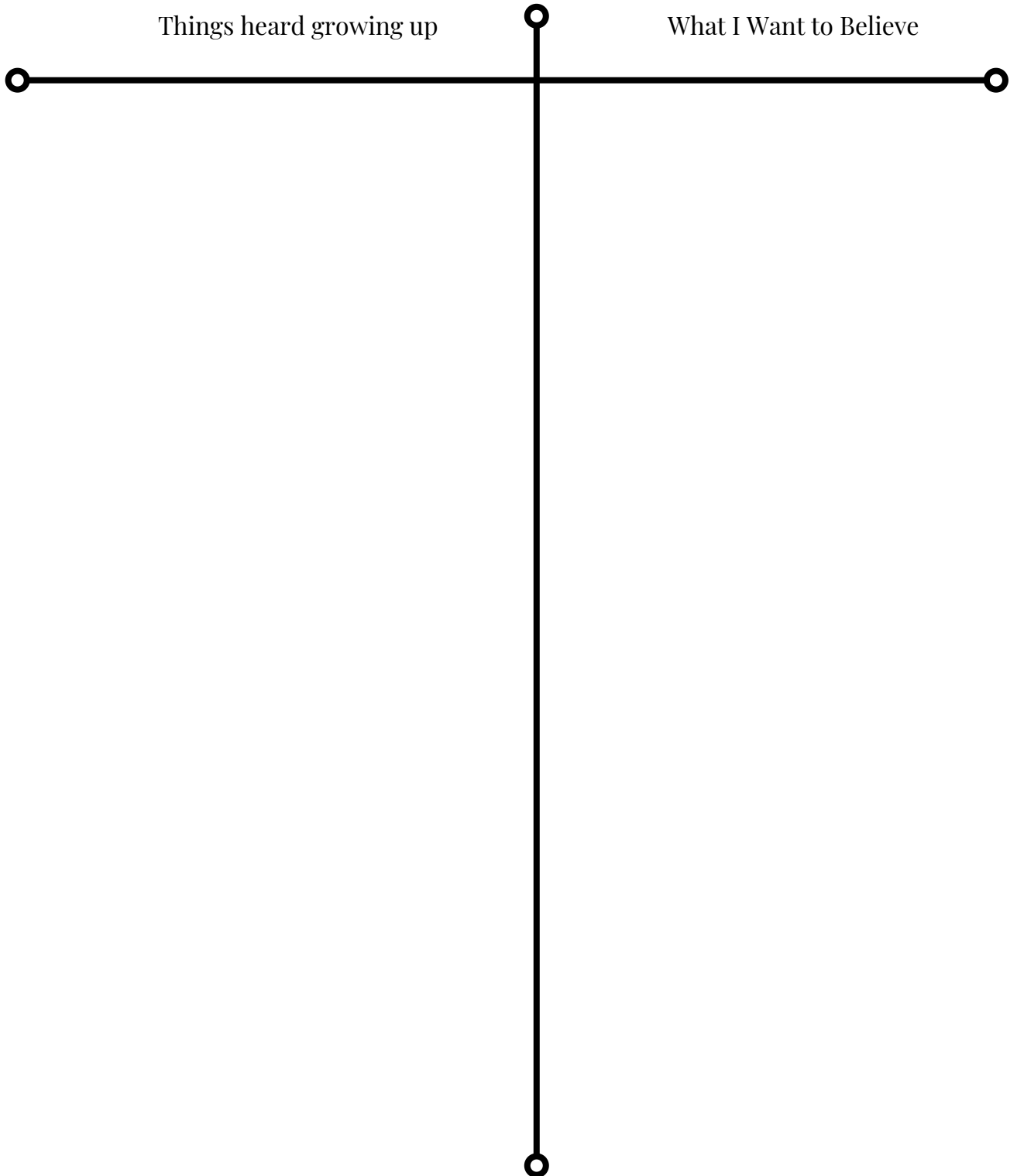




Limiting Beliefs

Any belief that holds you back from action of living the way you'd like to is a limiting belief - remember that the brain doesn't know the difference between real or imagined...so if you repeatedly heard things from a parent or teachers for example, then you can come to believe this. This exercise gets you to examine these beliefs and put them to bed.





Limiting Beliefs

When you have finished journalling your thoughts...there's an example below - close your eyes, take 3 deep breaths and repeat out loud "I forgive you, forgive me" 5 times - you might like to bring the image of a particular person to mind if this resonates with you.

