

Day 1

# REVEAL LIMITING BELIEFS

What is one thing/area you want to change in your life?

Why haven't you changed this thing/area yet?

What do you tell yourself about making this change?

**I AM**

**I CAN'T**

**I SHOULD**

**I DON'T**

**OTHERS**

**WILL**

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Day 1

# REVEAL LIMITING BELIEFS

When you review your self-talk (thoughts) what do you identify as the core belief about yourself?

How do you feel when you think this way?

Let's find the original DJ



**When did you begin thinking this way?**

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**Was this a message told to you by someone in your life?**

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**What evidence makes this false?**

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