

DISCOVER AND RELEASE YOUR BIGGEST LIMITING BELIEF

*SO THAT YOU CAN FINALLY CREATE THE
INCOME AND IMPACT YOU DESERVE*

BELIEF BUSTING WORKBOOK



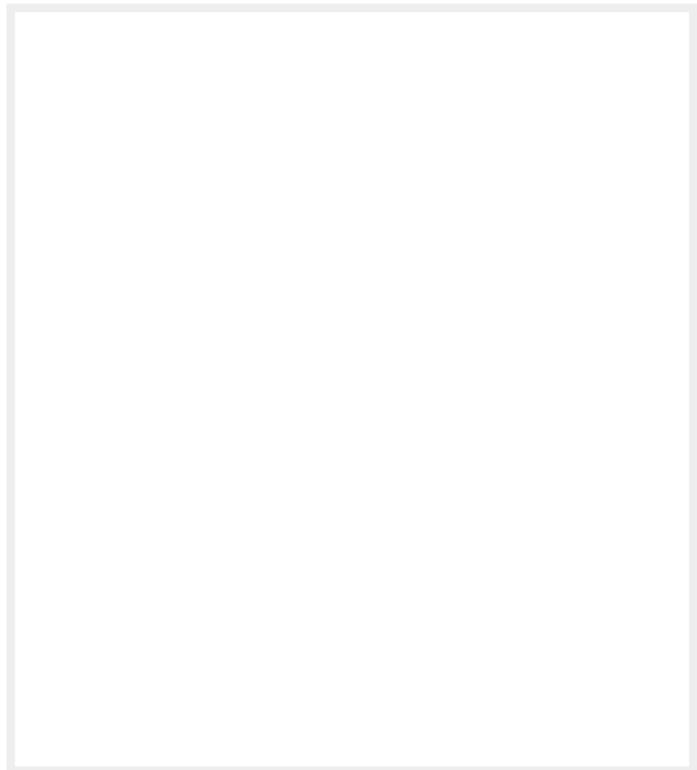
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TABLE OF CONTENTS

STEP 1: IDENTIFY THE BELIEF	3
STEP 2: WHAT'S THE IMPACT	4
STEP 3: RELEASE THE BELIEF	6
STEP 4: FUTURE PACE	7
STEP 5: TAKE ACTION	9

*WHAT BECOMES POSSIBLE
WHEN YOU'RE NO LONGER IN
YOUR OWN WAY OF SUCCESS?*



“My personal belief is that the only thing keeping you from freedom is all the beliefs you have about what has to happen before you can be there.”

— TONY ROBBINS



W

elcome to my side of the internet, I'm so happy you're here!

Long story short, I was in network marketing for 9 years where I built my business to a full-time income where I was able to retire from esthetics to be a work at home mom once my son was born.

I quickly realized that SAHM life wasn't a picturesque as I imagined.

I lost myself in motherhood but gained the lessons I needed when I discovered NLP (Neuro Linguistic Programming) one late night – deep in a social media scroll hole. Within weeks I decided to shut down my business, become a certified Success Coach, and opened the doors to my own personal development business where I help women just like you unlock their own power so they can have the life they truly want. And it all starts with your beliefs.

I can't wait to walk thru this next chapter with you!

Jen Lemke

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5-STEP PROCESS TO DISCOVER & ELIMINATE A LIMITING BELIEF



1

STEP 1: IDENTIFY

Reflect on where you feel stuck in life or business. Notice recurring negative thoughts and identify the main belief holding you back.

2

STEP 2: THE IMPACT

Acknowledge how this belief affects your actions and decisions. Visualize the long-term consequences if you don't change it.

3

STEP 3: RELEASE THE BELIEF

Challenge the belief by finding evidence against it. Reframe it into a positive statement.

4

STEP 4: TAKE ACTION

Take one small action that aligns with your new belief. Share it with a friend for accountability. Track your progress and celebrate your wins.

5

STEP 5: FUTURE PACE

Visualize your future success. What is the new result of you eliminating this old belief?



STEP 1: IDENTIFY A LIMITING BELIEF

Reflect on areas in your life or business where you feel stuck or challenged. Recognize recurring negative thoughts and patterns that surface when you face these challenges.

What is a limiting belief by definition? A limiting belief is a thought virus. It's like a mental roadblock that stops you from doing things you want to do or achieving your goals. It's a negative thought or idea about yourself or your abilities that you believe is true, even if it's not. Most people treat it as if it's a thing, when really all it is a feeling of certainty about something.

For example, if you believe "I'm not smart enough," you might avoid trying to build a business thinking that you don't have what it takes. These beliefs can hold you back and make you feel stuck, but they can be changed with the right tools.

Whatever you attach to 'I AM.' you become.



Many times you don't even recognize it as a limiting belief because it's just a what you've thought to be true for so long, its become part of who you are. You may think, *'this is just who I am. I've always been this way.'*

Which might be true but if it's a belief that makes you feel bad, then it's limiting your potential and it's time to let it go.

“Your beliefs drive your behavior. The more you can believe that you're on the right path, the more likely you are to stay on it.”

— BRENDON BURCHARD

The first thing you want to do is find the belief that's blocking you. If you can't think of a recurring negative theme that keeps coming up then complete the following sentence(s) to find one.

Business is...

Money is...

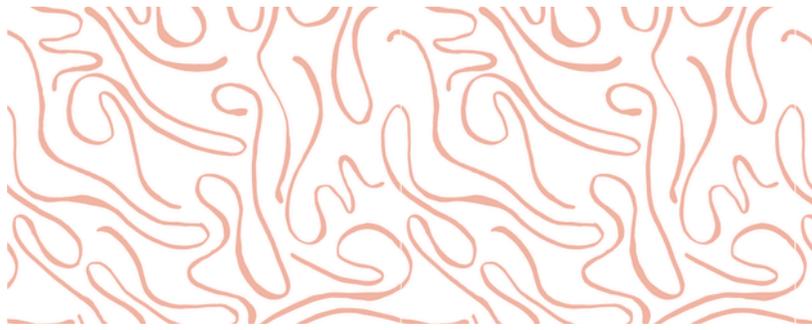
Life is...

Relationships are...

2

STEP TWO

RECOGNIZE THE IMPACT



It's time to face the truth: how is this belief really affecting you?

Think about how it's influencing your actions and decisions on a daily basis.

Is it holding you back from taking risks, pursuing opportunities, or fully believing in yourself? If yes, what's the impact of holding onto this belief 1 year from now?

3 years from now?

5 years from now?

10 years from now?

Who will you hurt if you continue to operate from this belief?

Now, take a moment to visualize the future. If you continue to hold onto this belief, what will your life and business look like in five years?

Picture the missed opportunities, the unfulfilled potential, and the continued frustration.

Recognizing the negative impact of this belief is crucial. It's the wake-up call you need to commit to change. You deserve better, and understanding this impact will fuel your determination to let go of what's holding you back.





STEP 3: RELEASE THE LIMITING BELIEF

Challenge the belief by finding evidence against it. Reframe it into a positive statement. Visualize success, repeat the new belief, and affirm daily.

Now it's time to put your belief on trial and create doubt. Here's how:

1. **Challenge the Belief:**

- Ask yourself, "Is this belief absolutely true?" In all areas of my life, is this 100% the case ALL of the time? Look for evidence that disproves it.
- Write down experiences or achievements that contradict this negative thought.

2. **Reframe the Belief:**

- Transform your limiting belief into a positive, empowering statement.
- For example, change "I'm not good enough" to "I have unique strengths and talents that bring value."

3. **Anchor the New Belief:**

- Close your eyes and visualize a moment when you felt empowered and successful.
- Repeat your new belief statement out loud while holding onto this positive image.
- Write down your new belief and keep it somewhere visible as a daily reminder.
- Say it outloud with conviction.

By challenging, reframing, and anchoring your new belief, you'll start to shift your mindset so that your new belief becomes your new automatic thought.

This is a powerful step towards transforming your mindset and achieving the success you deserve.

ADDITIONAL NOTES:



4

STEP FOUR FUTURE PACE

Now that you've identified and released your limiting belief, it's time to solidify your transformation through future pacing.

Future pacing involves visualizing yourself in future scenarios where your new, empowering belief guides your actions and decisions. This technique helps reinforce the change and prepares your mind to naturally adopt this new belief as part of your identity.

Visualize yourself a year from now, thriving in your business and personal life. See yourself making bold decisions, embracing opportunities, and handling setbacks with resilience and grace.

What do you see, hear, and feel?

Engage your senses as you imagine this future, making it as real and vivid as possible.

Visualize this often. Let it guide your actions and decisions, reinforcing your new belief. By future pacing, you create a powerful mental blueprint for success.

Remember, you create your reality in your mind first. By embracing your new, empowering belief and visualizing your success, you're creating a new blueprint for your mind to follow.



STEP 5: TAKE ACTION

Take one small action that aligns with your new belief. Share it with a friend or coach for accountability. Track your progress and celebrate your wins.

You're doing great! But this won't work unless you take action. You can't kumbaya your way to success. Taking even the smallest step can make a big difference and start building momentum towards your goals. Here's how to do it:

1. Identify One Small Action:
 - What's one small step you can take today that aligns with your new belief? It doesn't have to be big; it just has to be actionable and immediate.
2. Set a Deadline:
 - When will you complete this action? Set a specific deadline to create a sense of urgency.

3. Track Your Progress:
 - Write down your actions and reflect on the outcomes. Keeping a record helps you see your progress and stay motivated.
4. Celebrate Your Wins:
 - Don't forget to celebrate! Acknowledge your successes, no matter how small, and reward yourself for taking action.

ADDITIONAL NOTES:





BONUS: PUTTING IT ALL TOGETHER

You've built the car, upgraded the parts, started it up, pulled it out of the garage, now let's put it in drive and get to your destination!

Step 1: What's the belief you believe about yourself or your abilities?

Step 2: What is this belief costing you? Is this belief even yours or did it come from someone else? ie. Parent, teacher, caregiver?

Step 3: Is this belief true in ALL areas of my life? When has it NOT been true? What's a new and more empowering belief that I choose to believe instead?

Step 4: Visualize a time in the future when this new empowering belief has lead you to the life you want. What specifically do you see, hear, and feel? What opportunities do you have now that you didn't have before? Write all possibilities.

Step 5: What action can I take NOW that will propel me in the direction of what I really want? Why am I committed to this new way of being and thinking?



NEXT STEPS

Congratulations! You're already making great strides towards transforming your mindset and unlocking your potential. Now, let's take it to the next level. Here are two powerful ways we can work together moving forward:



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Ready to bulletproof your mindset? Click below for a morning audio guaranteed to rewire your mind.

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BOOK A FREE CALL

Have something specific you'd like to work on? Book a free discovery call and let's talk about how I can help.

[**BOOK NOW**](#)