

Limiting Beliefs Journaling Workbook



*Rewriting your story
from the inside out.*

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Limiting Beliefs Journaling: Rewriting Your Story from the Inside Out

This is not just a set of journaling prompts ...

It's a sacred space. A pause. A turning inward.

These questions were created to help you gently explore the stories, beliefs, and inner narratives that have shaped your life — and lovingly begin to shift them. Not because you need to be “fixed,” but because you're ready to return to the powerful, intuitive, and worthy woman you've always been.

You're not starting from scratch.

You're coming home to yourself.

How to Use These Prompts

- Go at your own pace. There's no rush. Pick one prompt a day, or let your intuition guide you to what your soul most needs in the moment.
- Write without judgment. Let whatever wants to come up be seen. There are no “wrong” answers here - just honesty and compassion.
- Revisit often. Your answers may shift over time. These prompts are meant to meet you wherever you are on your journey.
- Feel into your body. Notice how each question lands. If something feels emotional, tender, or true - stay with it. That's where the healing begins.



What You Might Experience

- ✓ Clarity around the beliefs and patterns that keep you stuck
- ✓ Greater self-compassion and emotional release
- ✓ A deeper sense of inner truth and intuitive knowing
- ✓ Motivation to rewrite limiting beliefs into empowering ones
- ✓ A renewed connection to your voice, your purpose, and your power

This is more than journaling.

It's the beginning of a conversation with your truest self - the one who is ready to stop shrinking, start trusting, and finally live in alignment with who she really is.

You don't need all the answers.

You just need the courage to begin ...

"You begin to fly when you let go of self-limiting beliefs and allow your mind and aspirations to rise to greater heights." – Brian Tracy



Awareness: Discovering the Beliefs Beneath the Surface

- What is one area of my life where I feel stuck or blocked right now?
- What do I believe about myself in this area?
- Where did I learn this belief — and do I still want to carry it?
- Whose voice does this belief sound like?
- What would I do differently if I didn't hold this belief?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Reframing: Letting Go of What No Longer Serves

- What's one belief I've outgrown but still subconsciously live by?
- What does that belief protect me from?
- What's the deeper truth underneath it?
- What would I tell my younger self who first picked up this belief?
- If my highest self were writing this belief, what would she say?

[illegible]



Self-Compassion: Meeting Yourself with Grace

- How has this belief tried to protect me?
- What emotions come up when I think about releasing it?
- How can I be gentle with myself as I grow past it?
- What does forgiveness look like - for myself or others - in this context?
- What do I need to hear most right now?

[illegible]



Empowerment: Stepping into a New Story

- What belief would feel most freeing to adopt right now?
- What's one small action I can take that supports this new belief?
- What evidence already exists that this new belief could be true?
- How does it feel in my body when I write from this new perspective?
- Who am I becoming as I release old stories and write new ones?

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Spiritual Integration: Reconnecting with Your Inner Knowing

- What belief has kept me from trusting my intuition?
- If I fully trusted myself, what would I do next?
- What messages has my soul been whispering that I haven't yet listened to?
- Where in my life am I being invited to surrender?
- What would it feel like to be fully supported - by the Universe, by life, by love?

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