

Breaking Free From Limiting Beliefs

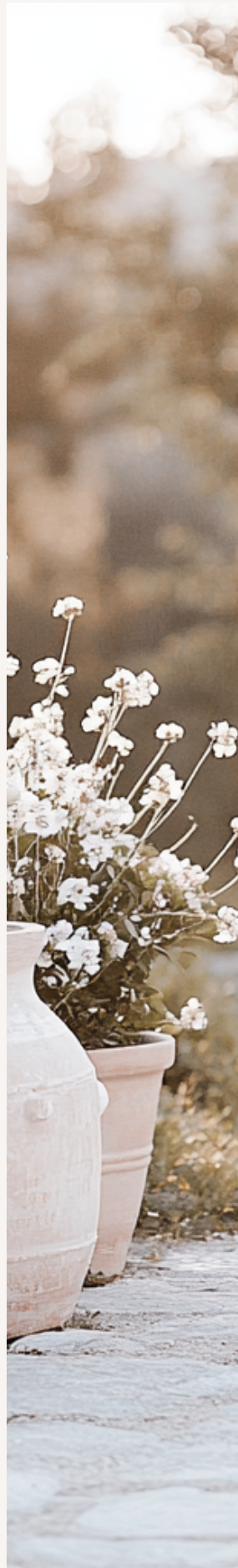


Companion Workbook

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01

What Are Limiting Beliefs EXERCISE

Limiting beliefs are the quiet assumptions running beneath the surface of your daily choices. They whisper stories like “I’m not good enough,” “It’s too late for me,” or “I don’t have what it takes.”

These beliefs often go unchallenged, operating like invisible scripts that shape your reality.

They aren’t fact - they’re stories we’ve inherited or created based on past experiences, fear, and the desire to stay safe.

EXERCISE - THE BELIEF TIMELINE

Purpose: To recognize how long a belief has been influencing your life.

Instructions:

- Pick a single belief (e.g., “I’m not good enough”).
- Reflect and write down the first memory you have of this belief forming.
- List at least 3 major life decisions that were influenced by this belief.
- End by writing one thing you might have done differently if this belief wasn’t there.

Why it works: This exercise will bring awareness to how long you've been carrying the belief - and how freeing it would feel to set it down.

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02

Where Do Limiting Beliefs Come From EXERCISE

Most limiting beliefs originate from childhood, cultural conditioning, and major life events.

We absorb messages from parents, teachers, media, and peers—often without even realizing it.

At one time, these beliefs may have served to protect us. But as we grow, they can become cages.

EXERCISE - THE VOICES

Purpose: To identify where your limiting beliefs originated.

Instructions:

- Choose a belief you hold.
- Close your eyes and ask: “Whose voice is this?”
- Journal what comes up - was it a parent, teacher, religious leader, ex-partner?
- Write a letter (not to be sent) to that person, expressing how this belief impacted you and what you’re choosing to believe now.

Why it works: Giving the belief a “voice” externalizes it, creating space for new internal truths.

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03

Why Do They Keep Us Stuck EXERCISE

Your brain loves the familiar—even if it's painful. Limiting beliefs keep you in your comfort zone.

They act as internal protectors from perceived danger, but end up reinforcing fear and keeping you small.

Growth always involves discomfort, but on the other side is freedom.

EXERCISE - FEAR DIALOGUE

Purpose: To hear and respond to the fear that's keeping you stuck.

Instructions:

- Write a conversation between your Fear Voice and your Higher Self.
- Let Fear express its worries about you stepping out of your comfort zone.
- Then, let your Higher Self respond with truth, reassurance, and wisdom.

Why it works: This technique validates fear without letting it drive the bus - and empowers your inner wisdom

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04

Identifying Your Own Limiting Beliefs EXERCISE

Start by noticing patterns—where you feel resistance, fear, or repeated stuckness. You can use journaling to explore questions like: What do I believe about success? About love? About my worth?

EXERCISE - PATTERN TRACKER

Purpose: To find recurring limiting beliefs in your daily life.

Instructions:

- For 3 days, keep a small notebook or phone note with you.
- Any time you notice self-doubt, procrastination, judgment, jealousy, or guilt - write down the situation and the thought behind it.
- At the end of the 3 days, review and highlight repeated phrases or patterns.

Why it works: Awareness is built in real time - and patterns are easier to see when tracked.

EXERCISE - THE "BELIEF AUTOPSY"

Choose a recent moment when you felt fear, hesitation, or self-doubt. Rewind the tape:

- What was the trigger?
- What thought came up first?
- What did you feel in your body?
- What belief might be hiding under that reaction?

The more curious you become, the more clearly you'll see the beliefs that have been shaping your behavior - and the more power you'll have to change them.

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05

Scarcity Thinking: The Root of Small Thinking EXERCISE

EXERCISE - ABUNDANCE AUDIT

Purpose: To recognize where abundance already exists in your life.

Instructions:

- Choose 5 categories: time, energy, love, money, creativity, etc.
- Under each, list 10 ways you already have “enough” or more.
- Examples: “I have friends who check on me,” “I made time to cook today,” “I have ideas that inspire me.”

Why it works: Trains your brain to see overflow, not lack — which supports new, expansive beliefs.

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06

Rewriting the Script EXERCISE

To change your life, you must change your beliefs. Start by identifying and challenging each limiting belief.

Use bridge thoughts—new beliefs that feel believable and empowering. For example: “I’m learning to believe in myself.”

Affirmations, mirror work, and conscious reframing help rewire your inner dialogue.

EXERCISE - BELIEF VOICEOVER

Purpose: To anchor a new belief using your own voice.

Instructions:

- Record yourself saying your new belief as if it were already true. Speak slowly and with conviction.
- Example: “I am open to receiving abundance with ease.”
- Listen to it daily — especially first thing in the morning and before bed.

Why it works: Your own voice has a deep impact on your subconscious mind — repetition builds belief.

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07

Tools to Break Free EXERCISES

The eBook introduced several powerful tools to help you challenge and transform your limiting beliefs — including mirror work, belief flips, EFT tapping, and gratitude practice. These practices are potent and can shift your mindset over time, especially when used consistently. Some of them, like EFT tapping, may require a bit of additional learning or support to use effectively, and that's completely okay. Trust your pace.

Below you'll find one additional creative exercise designed to complement those tools and offer you another path forward as you continue to free yourself from old patterns.

EXERCISE - CREATIVE REFRAMING COLLAGE

Purpose: To shift mindset through visual inspiration.

Instructions:

- Using magazines, Canva, Pinterest, or your own drawings, create a visual representation of your new belief.
- Include images, colors, words, or symbols that reflect the life you're calling in.
- Place it somewhere you'll see daily.

Why it works: It activates the creative brain, bypasses resistance, and brings new beliefs to life through imagery.

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08

Living Beyond Your Limits EXERCISE

Letting go of limiting beliefs isn't a one-time fix - it's a practice; a lifestyle, if you will. But each time you choose courage over comfort, love over fear, abundance over lack - you reclaim a part of yourself and create more space for the real you to emerge.

Living beyond your limits means showing up fully, unapologetically, and with deep trust in your inner guidance.

This work isn't about becoming someone new. It's about coming home to who you've always been underneath the fear, the conditioning, and the "shoulds."

EXERCISE - ALIGNED ACTION PLANNER

Purpose: To move from internal shifts to real-world expression.

Instructions:

- Choose one area of life where you've been playing small (relationships, work, creativity, etc.).
- List 3 small but bold actions you could take this week that would reflect your new belief.
- Example: "Belief: My ideas are valuable.
- Action: I will post one of them publicly."

Why it works: Beliefs become integrated through action. This builds a bridge from the inner world to the outer one.

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09

Your Dream Life Starts NOW EXERCISE

Start where you are. Your dream life isn't a fantasy - it's a possibility. One brave thought, one aligned action at a time.

EXERCISE - FUTURE SELF VISUALIZATION

Purpose: To connect with your vision and embody it now.

Instructions:

- Close your eyes and imagine your future self one year from now - living in alignment, free of the limiting belief.
- Notice how she dresses, speaks, decides, creates, loves.
- Write a letter from her to you. What does she want you to know? What would she thank you for starting today?

Why it works: Tapping into your future self helps you collapse the gap between where you are and where you're going.

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