



Rewrite **YOUR STORY**

*A transformational mindset guide for releasing self-doubt
and creating new empowering beliefs*



By Elaine Morgan



Welcome

If you've even thought:

I'm too old ...

It's too late ...

I'm not confident enough ...

Nothing ever works out for me ...

This is just the way I am

You are certainly not alone.

Many people carry beliefs that were formed years ago through life experiences, relationships, disappointments, criticisms, or even survival.

Over time these beliefs become the lens through which we see ourselves and where we are going.

Meet Elaine



I'm Elaine Morgan, a former counselor, behavioral health professional, and holistic life coach. I work with women 50+ who are going through life transitions and are ready to reconnect with who they truly are beneath the roles, expectations, and experiences of their past.

Through my work at Be The Change, I guide women to release limiting beliefs, heal emotional wounds, and rediscover a deeper sense of purpose, confidence, and self-trust. My approach blends professional experience with my own personal journey through change, healing, and reinvention.

I create a safe, supportive space where you can slow down, look inward, and begin to rebuild your life in a way that feels aligned in mind, body, and spirit.

Love, Elaine

Chapter One

WHAT ARE LIMITING BELIEFS?



A limiting belief is a thought or story you repeatedly tell yourself that keeps you small, fearful, and holds you back from realizing your true potential. Examples of limiting beliefs are: I'm not good enough I can't trust myself Things never work out for me I'll never be able to change This is just the way I am

Important Reminder:

A belief is simply a repeated thought — not necessarily the truth.



SIGNS A LIMITING BELIEF MAY BE RUNNING YOUR LIFE

Choose all that resonate with you:

- ✓ You overthink everything
- ✓ You constantly doubt yourself
- ✓ You stay stuck in unhealthy patterns
- ✓ You feel unworthy
- ✓ You avoid trying new things
- ✓ You self-sabotage opportunities
- ✓ You exhaust yourself trying to prove yourself

Awareness is the first step toward transformation.

STEP 1: IDENTIFY THE BELIEF

Prompt Section

“What thought keeps repeating in my mind when I feel stuck, fearful, or discouraged?”

Journal Space:

3 Limiting Beliefs I Currently Hold:

- 1.
- 2.
- 3.

STEP 2: FIND THE ROOT

Understanding the Origin

Many limiting beliefs were formed from: Childhood Relationships Cultural expectations Past failures Criticism or rejection Trauma or disappointment Understanding where a belief began can help to loosen its grip.

Reflection Questions

- When do I remember first feeling this way?
- Whose voice does this belief sound like?
- What experiences reinforced this belief?
- Is this belief truly mine?

Journal Space

STEP 3: CHALLENGE THE BELIEF

Challenge the Story: Once you have identified the belief, begin questioning it. Ask yourself: Is this true? Do you absolutely know that it is true? Do you have any evidence to support it as truth? How has this belief affected my life? Who would I be without these limiting beliefs?

Thoughts are not facts.
Your mind can learn a new story.

Old Belief:

Evidence That It's Not Completely True:

How This Belief Has Held Me Back:

STEP 4: REWRITE THE STORY

This should be one of the most visually powerful pages.

Old Belief → New Empowering Belief

I'm too old

I am experiencing myself fully at every stage of life

I'm not good enough

I am capable of creating the life I desire

I am afraid of change

Small consistent steps create transformation

I don't trust myself

I am learning to trust myself more each day

CREATE YOUR OWN NEW BELIEF

Rewrite Your Story: New beliefs are strengthened through repetition, emotion (vibration) and consistency. The more you practice these new thoughts, the more natural and believable they become.

Old Belief:

New Empowering Belief:

Note:

If the new belief feels too big, use bridge beliefs like:

"I am in the process of learning..."

"I am becoming..."

"I am open to believing..."

STEP 5: DAILY REWIRING PRACTICES

Daily Practices to Reinforce Your New Belief

- Mirror work
- Sticky note affirmations
- Journaling
- Meditation
- Positive self-talk awareness
- Speaking affirmations aloud
- Surrounding yourself with supportive people

:

**Repetition creates familiarity.
Familiarity creates belief.**

LIMITING BELIEF RESET WORKSHEET

Limiting Belief Reset

The belief I want to release:

Where did it originate?

How has it impacted my life?

My new empowering belief:

Closing Message

Healing is not about becoming
someone else.

It is about remembering who
you were before fear,
criticism, and self-doubt told
you otherwise.

You are allowed to evolve.

You are allowed to change
your story.

You are allowed to become
more.



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