

Soulmate School Writing Exercise #3: Shift Your Limiting Beliefs

We attract into our lives a reflection of our own internal beliefs. Our next lesson is all about shifting your **limiting** beliefs so that you can attract the type of relationship you really want into your life.

1) Take a few minutes to brainstorm and write down any and all beliefs that you may have consciously or subconsciously that limit you in love. Examples could be: “There are no good men out there”, “I’m too old”, “There must be something wrong with me that I’m not married yet”, “Maybe soulmates don’t really exist”.

Write them all down - any beliefs you can think of. And don’t worry that you will limit yourself by writing them – we actually want to get them out in the open so we can clear them. We want to bring them into the light.

2) Look at your list, and refer back to the first assignment if needed, where do these beliefs come from? See if you can track down their origins. Maybe your dad cheated on your mom and “men can’t be trusted”. Maybe you were told you would never be good enough. Maybe your first love broke your heart. Maybe you’ve experienced trauma that makes it hard to have faith in men or love. See if you can get clear about why you’ve carried these beliefs.

3) Next week in Break Up with Your Love Limits we'll begin to clear these beliefs using the Emotional Freedom Technique. You can begin by watching the video and practicing tapping on the points while making the limiting belief statements.

As you tap you actually begin to clear the beliefs out of your cells. Here's a chart to show where the EFT points are on the body:

EFT Tapping Points

