



HOT GIRL
Healing
SUMMER
Retreat

WORKBOOK

DAY 2

Sista Sutra

by Chanel Caldwell

Banishing Limiting Beliefs

1 Write out your story!

The best way to uncover limiting beliefs is by writing out your story around the part of your life that's not working. Don't edit it or judge it, just write it all out!

Begin with... "The reason why I don't have what I want in this area of my life is..."

Read it aloud, and look for the cues.

2 Read it 5 times. Read it over and over again, and you will start to see the story you've been telling yourself, and that most of it really isn't true.

3 Write out your limiting beliefs

After you've read it 5 times, pick out the "beliefs" you have around this area of your life, and underline them in the story. Then write them below.



④ Which one seems to be stopping your desired love life right now. Write it below.

What feelings came up while doing this exercise?

