Limiting Beliefs Detox Worksheet

Identify Your Top Limiting Belief

What's one thought that's been keeping you from taking the next step in your business or life?

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Collect the Evidence

List any accomplishments, proof, or experiences that contradict this belief.

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Rewrite the Belief

Turn that negative statement into a positive, empowering one.

Example: "I'm not talented enough" → "I'm learning new skills every day, and my past successes show I am capable.

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Action to Reinforce the New Belief

Instructions: Within 24 hours, take one small action that aligns with your new empowering belief.

Example:
If you rewrote “I always mess things up” to “I’m learning and improving every day,” then your action could be:

- Write down one thing you’ve done recently that you’re proud of.
- Set a timer for 5 minutes and brainstorm one small improvement you can make today.

Action	Due by (date/time):

READY FOR A DEEPER TRANSFORMATION?

If this quick worksheet helped you uncover just one limiting belief, imagine what you could do with a full system guiding you through dismantling self-doubt and building unshakeable confidence.

Discover more powerful exercises (and a step-by-step plan) in my eBook, From Doubt to Confidence—Your Guide to Thriving as an Entrepreneur.



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