



Relax / Recharge / Reflect

**CHANGE YOUR
THOUGHTS,
CHANGE YOUR LIFE
Workbook**

www.thewellnesslounge.ie

BUSTING THROUGH LIMITING BELIEFS with



Reclaim Your Wellbeing. Today!

The 4 main pillars in our life:

Relationship

Career/Purpose

Finances

Health

What are YOUR self-limiting beliefs?

*There is
no point
in trying*

*I have to keep
them happy*

*I have to
be perfect*

*I am not good
enough*

*I don't
deserve it*

Relax / Recharge / Reflect

Self-Awareness Exercise

What area of my life would I like to explore?

Q1. What am I currently not achieving in this area?

Q2. What do I say to myself to explain these perceived failures?

Q3. Do I believe this?

WRITE OUT THE LIMITING BELIEF

Q4. What has holding this limiting belief cost me?

Q5. In what ways may I have benefited from this belief?

Q6. Is this belief bringing me closer or further away from my goals in this area of my life?

Q7. Am I willing to stop limiting myself? Yes! No.

Believe



Positive
Personal
Present Tense
Empowering
High Vibration
Pointing to an exciting new
opportunity

Limiting Belief

I hate my job

I will never have enough money

I am not good enough

Empowering Belief

**the right job
opportunity will come
to me at the right
time & my value will be
recognised**

**there is so much money
in the Universe and I
choose to now allow it
to flow to me in
various ways. I LOVE
money**

**I am worthy of good
things happening in my
life**

Empower

For each limiting belief that you have discovered do the following:

1. Write down the belief on a blank piece of paper
2. Look at it, read it and tune into how it makes you feel when reading it
3. Acknowledge that it is **NOW** your intention to let this belief go
4. Rip up the piece of paper or burn it (*if you can do so in a safe controlled environment*)
5. Write out your new belief that aligns with the preferred outcome you wish to have in this area of your life e.g. when I was changing my belief from “good relationships happen to other people”, I first began to speak to myself more kindly to discover my new chosen belief(s)

“I deserve a good relationship. There is nothing that my friends and colleagues have that I don't have. I am smart, pretty, kind, full of love and fun and I am now willing to believe that the right person is on his way to me, I know that I will be in a relationship again, I believe that, I am now making space for that to happen”

New beliefs:

- I deserve a good relationship
- I am smart, pretty, kind, full of love and fun
- I am now willing to believe that the right person is on his way to me
- I know that I will be in a relationship again,
- I believe that and I am now making space for that to happen



I committed to having conversations like this with myself every single day. It became my **NEW STORY** for when the old belief came up (because it did), but I had now developed new affirming self-talk to shift me from one belief system to another. At the end of six weeks I really believe and felt that I was going to have a relationship and good relationships come to me AND it did. There was an **ENERGETIC** shift.

Gratitude

6. Create your new powerful story by using self-affirming, motivating affirmations. Make it short easy and emotive so that it resonates with you.
7. Select your new belief statements from your story
8. Practice this story and these statements daily until you feel a shift
9. Practice Gratitude for these changes coming into your life
10. Put reminders EVERYWHERE
11. Get EXCITED as the change you desire is coming

