



## LIMITING BELIEF LOOPS

You want to hear something crazy? What we believe, we attract. What we attract, validates what we believe. What we believe is USUALLY a negative or limiting belief; therefore we attract more negative, limiting circumstances. This validates our limiting belief (again!), therefore making it stronger every single time! The craziest part- we tend to create these limiting beliefs in our adolescence, based off an event that left a scar, or repeated programming from adults around us. In a nutshell, **you are perpetuating the exact thing you least want, all based off of a belief that you created years ago.** Most of us, have 1 or 2 of these limiting beliefs that are running loops throughout our lives. Today, we're going to identify one of yours. **Look at the examples below and then, on the next page, go through the prompts to discover what's been holding YOU back.** Once you've discovered your predominant loop, reflect on how it has affected your life up until this point.

EVENT THAT HAPPENED	LIMITING BELIEF CREATED FROM IT	WHAT WE ATTRACT	PROOF/ VALIDATION
My parents split up over money.	Money is the root of all evil, greed and arguments.	Dead end job; never enough money; arguments around it	My divorce was about money; Money is my biggest stress
My dad cheated on my mom, and I found out about it when I was 10.	Men are all cheaters and liars. They can't be trusted.	I've attracted men who either A: lie and cheat or B: are amazing but I accuse them of being liars and cheaters.	I'm single. I pushed the good ones away and unconsciously chose the cheaters so I didn't have to get hurt/knew where I stood.
I missed the game winning shot and my father wouldn't look me in the eyes for a week.	Failure is bad. It means I'm not worthy and not good enough.	I've tried and I've failed. I've lost money in business ideas; I didn't get accepted to the program; we broke up	I'm now single; I've stayed comfortable in my job I hate; I have lost the spice in life. If I stay safe, then I don't risk losing anything.

## FINDING YOUR LIMITING BELIEF CYCLE

Where are you experiencing the most “pain” in your life? Where are things not working out, or are a constant source of stress for you? (finances, relationships, family, career/mission, etc) \_\_\_\_\_

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What limiting belief do you have around this area? \_\_\_\_\_

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What event, conversation, or family/societal belief did your limiting belief stem from? (this is usually something that occurs at a young age and is traumatic or something ingrained in you over and over again)

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How is this “pain” showing up in your life? What’s the proof? Give examples.

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Now that you’ve recognized one of your limiting belief cycles, sit with the impact of this belief. What’s coming up for you? \_\_\_\_\_

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