

Empowering Supportive Beliefs

What limiting beliefs hold you back? Start paying attention to resistance, negative self-talk, and doubt as you do the Chart Your Destiny exercises. Even throughout your day, pay attention to the stories you tell yourself.

On the left side right the limiting belief. On the right side write down a more empower, positive, supporting belief to replace it. When you finish, cross out the limiting belief. Put a line right through it.

Limiting Belief	Empower Positive Statement

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