

Unlocking Your True Potential: Identifying Limiting Beliefs

Welcome to Your Self-Discovery Journey

Our beliefs shape every aspect of our reality. To create the life we truly desire, we must first identify what's limiting us. This worksheet will guide you through a simple, yet powerful process of uncovering the beliefs that may be unconsciously limiting your potential.

Step 1: Reflect on Your First Desire

Think about one thing you would love to bring into your life, whether it's a material possession, an experience, or an emotion.

Desire #1:

- *Example: A fulfilling career, a loving relationship, financial freedom, etc.*

Step 2: Do You Believe You Can Have This Right Now?

Ask yourself: *Do I believe I can have this desire right now?*

- **Yes / No**

If your answer is **yes**, you're good to go! If your answer is **no**, continue to the next step.

Step 3: What Prevents You from Having This Desire Right Now?

Reflect on the reasons or excuses that come up as to why this desire isn't possible for you right now. These are often the limiting beliefs that have been unconsciously guiding your life.

Write down all the reasons you believe you can't have this desire right now:

1. **Belief #1:** *Example: "I'm not good enough to land my dream job."*
2. **Belief #2:** *Example: "I don't deserve a loving relationship."*
3. **Belief #3:** *Example: "I will never have enough money."*

Step 4: Repeat for Your Remaining Desires

Now, repeat the process for the next four desires you want to bring into your life.

DESIRE #2

Step 1: Reflect on Your Second Desire

Think about one thing you would love to bring into your life, whether it's a material possession, an experience, or an emotion.

Desire #2:

Example: A deep connection with loved ones

Step 2: Do You Believe You Can Have This Right Now?

Ask yourself: *Do I believe I can have this desire right now?*

- **Yes / No**

If your answer is **yes**, you're good to go! If your answer is **no**, continue to the next step.

Step 3: What Prevents You from Having This Desire Right Now?

Reflect on the reasons or excuses that come up as to why this desire isn't possible for you right now. These are often the limiting beliefs that have been unconsciously guiding your life.

Write down all the reasons you believe you can't have this desire right now:

Belief #1: *Example: "I always push people away."*

Belief #2: *Example: "I'm too busy for deep relationships."*

Step 4: Repeat for Your Remaining Desires

DESIRE #3

Step 1: Reflect on Your Third Desire

Think about one thing you would love to bring into your life, whether it's a material possession, an experience, or an emotion.

Step 2: Do You Believe You Can Have This Right Now?

Ask yourself: *Do I believe I can have this desire right now?*

- **Yes / No**

If your answer is **no**, continue to the next step.

Step 3: What Prevents You from Having This Desire Right Now?

Reflect on the reasons or excuses that come up as to why this desire isn't possible for you right now. These are often the limiting beliefs that have been unconsciously guiding your life.

Write down all the reasons you believe you can't have this desire right now:

Step 4: Repeat for Your Remaining Desires

DESIRE #4

Step 1: Reflect on Your Fourth Desire

Think about one thing you would love to bring into your life, whether it's a material possession, an experience, or an emotion.

Step 2: Do You Believe You Can Have This Right Now?

Ask yourself: *Do I believe I can have this desire right now?*

- **Yes / No**

If your answer is **no**, continue to the next step.

Step 3: What Prevents You from Having This Desire Right Now?

Reflect on the reasons or excuses that come up as to why this desire isn't possible for you right now. These are often the limiting beliefs that have been unconsciously guiding your life.

Write down all the reasons you believe you can't have this desire right now:

Step 4: Repeat for Your Remaining Desire

DESIRE #5

Step 1: Reflect on Your Fifth Desire

Think about one thing you would love to bring into your life, whether it's a material possession, an experience, or an emotion.

Step 2: Do You Believe You Can Have This Right Now?

Ask yourself: *Do I believe I can have this desire right now?*

- **Yes / No**

If your answer is **no**, continue to the next step.

Step 3: What Prevents You from Having This Desire Right Now?

Reflect on the reasons or excuses that come up as to why this desire isn't possible for you right now. These are often the limiting beliefs that have been unconsciously guiding your life.

Write down all the reasons you believe you can't have this desire right now:

Final Thoughts

Congratulations on completing this exercise! By identifying the limiting beliefs that may be holding you back, you're taking an important step toward shifting your mindset and creating the life you truly deserve. Be easy on yourself. We all have limiting beliefs and sometimes, awareness can be enough to begin releasing them.

If you're ready to release and shift these limiting beliefs, I invite you to explore more resources on how you can change these beliefs in the *Explore, Learn, and Discover* section of my website.

Today, you took one gentle step farther along your path and living your enchanted life! You ARE Awesome!

This Identifying Limiting Beliefs Worksheet is a gift from Erin Moir Gjertsen and My Spirit (www.myspirit.us). Feel free to share it with others and kindly keep the credit and website link intact.

