# Eliminating a Limiting Belief

Do you have a belief that's holding you back? Follow these simple steps to banish that belief and enjoy the results!



- ☐ Ask yourself if the belief is really true

- ☐ Determine the source of the belief

- ☐ Declare to yourself, "I don't believe this anymore, it's not true!"

- ☐ Imagine being free from the belief.  How would your life change?

- ☐ Replace the limiting belief with one that counteracts it

- ☐ Find evidence that the new belief is valid

- ☐ Observe your new feelings, behavior and results