

GOAL WORKSHEET

DATE:

GOAL:

Get rid of a limiting belief

WHY?

**To be able to move forward and take the
necessary steps**

STEPS TO TAKE

- Complete the sentence: I cannot....because....
.....
- Try to remember when you've first heard that
.....
- Try to think...is this true about yourself?
.....
- Find an example in which you didn't believed
it to be true and acted different

NOTES

**A belief is just a thought you keep thinking.
Choose to not believe it and act differently,
like that time when.....**

Repeat...