

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 anf act differently,
like that time when.....

Repeat...

