

Empowering Beliefs Exercise

“Your beliefs create your reality. The secret to success is knowing your current beliefs and how they affect you so that you can then identify beliefs that will support you in creating the life you truly desire.” Brian Tracy

Introduction

Your beliefs shape every aspect of your life. In any area of your life where you are not thriving, you likely have a limiting belief that is in opposition to your success and fulfillment. The good news is that beliefs are decisions, and you can make a new empowering decision about yourself or your life at any time.

This exercise will help you:

- Identify the thoughts and beliefs that are preventing you from living your best life.
- Consciously construct new empowering beliefs that can better support you in aligning your mindset with your authentic self and the life you want for yourself.

Step 1. Identify Limiting Beliefs

Read each statement below and take a moment to sense whether or not this statement applies to you. Put an ‘X’ beside each limiting belief that applies to you. Don’t overthink it. We sometimes have beliefs that don’t make logical sense or that we don’t want to admit that we have. Be honest with yourself.

There is room for you to add several additional beliefs in the blank spaces below.

After selecting all the limiting beliefs that apply to you, circle 2-3 beliefs that resonate with you or draw an emotional response.

There’s not enough time	I’m not good enough	I’m going to fuck it up
I’m never going to find someone	I’m never going to make it	I’m never going to be happy
That shouldn’t have happened to me	I’m not doing enough	I don’t know what I really want
I’m not smart enough	I can’t trust anyone	Nobody really cares about me
I don’t have enough money	This is someone else’s fault	Why does this always happen to me?
I need to get it right	There’s something wrong with me	I should do more
I can’t be happy until ...	I don’t know where to start	I’m too old to ...

Step 2. Limiting Beliefs Exploration

Use the 3 limiting beliefs from Step 1 to fill in the blanks below.

Liming Belief #1

- The self-limiting belief is that _____
- The emotion this brings up for me is _____
- When I'm acting from this place, I (*behaviour*) _____
- The impact this has on me is _____

Liming Belief #2

- The self-limiting belief is that _____
- The emotion this brings up for me is _____
- When I'm acting from this place, I (*behaviour*) _____
- The impact this has on me is _____

Liming Belief #3

- The self-limiting belief is that _____
- The emotion this brings up for me is _____
- When I'm acting from this place, I (*behaviour*) _____
- The impact this has on me is _____

Step 3. Identify New Empowering Beliefs

Complete the chart below with your top three limiting beliefs from Step 1 above.

Write your limiting beliefs in the left column. In the middle column consciously construct a new empowering decision for each of your limiting beliefs. In the right column write down any evidence you can think of to confirm your new empowering belief.

Limiting Beliefs	New Empowering Belief	Evidence of Empowering Belief
<i>i.e. there's not enough time</i>	<i>i.e. I have time for my top priorities when I use my time wisely</i>	<i>i.e.</i> - I planned a date night with my wife two times last month. - When I leave my phone in the other room, I am able to focus better on my work tasks. - Before the omicron variant, I was having success at scheduling in social visits or phone calls with friends and other activities that bring me joy.
#1		
#2		
#3		

Step 4. Moving Forward

Many of us have learned to accept our limiting beliefs. It can be challenging to change these beliefs.

But remember, the science of *brain plasticity* indicates that this is not only possible, but it will get easier with practice.

This coming week, the saboteur / limiting belief that I will keep an eye out for is _____

Use the steps below to weaken this saboteur and strengthen your sage:

- When I notice the self-limiting belief or saboteur identify and label it ... “my saboteur is saying that...”
- The self-affirming belief I have about myself is that _____
- The emotion(s) this brings up for me is _____
- When I'm acting from this place, I (*behaviour*) _____

Additional strategies to help shift to an empowering mindset:

- A) Activate your sage brain by doing mindfulness or breathing techniques. For example, do the box breathing (4x4 breath) for 60 seconds or until you feel more centered. See the guide “Ten Centering Practices” for additional ideas to help center yourself.
- B) Play the “3 Gifts” exercise: if you find yourself in a challenging situation, think of 3 reasons it can be a gift or learning experience for you.
- C) Tap into the power of gratitude. Think of 3 things you are most grateful for in your life, and allow yourself to feel the sensations and emotions that arise when you connect with these things.
- D) Get curious, sit with your fear/doubt/worry, and ask it questions:
 - What can I learn from this?
 - What is the underlying value that I am wanting or that I am disconnected from?
 - What is it I want to create in my life and what beliefs will help be get there?

Step 5. Reflection Questions

- What helps you shift back to a resourceful, centered, empowered state?
- What was your most valuable insight or learning from this exercise?