

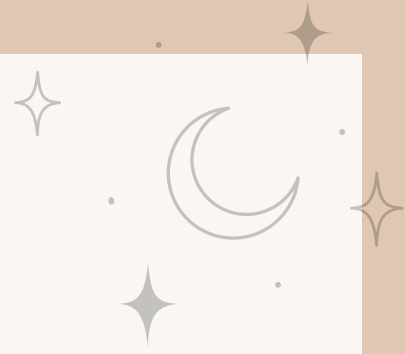
# BANISH LIMITING BELIEFS

Step by Step Guide to get you in a  
Powerful Mindset Ready to  
Dream Big and Make Things  
Happen

W O R K B O O K

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## Just imagine if you could...

- ✓ Release any negativity, shame, or anxiety around money so you can make more of it—without an iota of guilt, doing what you love.
- ✓ Feel more confident asking for what you want and going after what you truly desire in work (and everywhere else!)
- ✓ Love yourself profoundly and watch as that love overflows into your relationships with everyone from partners to colleagues to your family (it's all connected!)
- ✓ Feel 'safe' (and excited) about showing up and being seen, becoming an expert in your field, and doing work you truly want to (and were meant to) do.

This (and so much more) is possible when you learn to shift radically.

If you commit to showing up every day and following the method in this training, I can guarantee you'll find that your purpose feels more "tangible" and within reach than ever before.

Are you ready to step into your power, for real?

# LIMITING BELIEFS AS THE GOLDEN PATH TO YOUR PURPOSE

As I just mentioned, limiting beliefs are beliefs developed in early childhood about who you are and what you're capable of doing. The problem is that these beliefs are 'limiting' so they're currently stopping you from enjoying manifestations that you truly desire and can scatter your efforts to tap into your divine purpose. They are the excuses that we've learned to accept about why we can't do or achieve something.

## Some examples of limiting beliefs are:

- I can't earn a six-figure income as an online tarot reader or intuitive.
- I can't hire a business team because I don't make enough money yet.
- I can't go swimming on vacation because I still want to lose 30 pounds.
- I can't talk to or flirt with that hottie because I'm not looking my best.
- I can't get straight A's in school because I'm just not smart.
- I can't go back to college because I'm too old.
- I can't start a business because I've never done it before.

Do you notice how all these limiting beliefs start? With "I CAN'T". Whenever you start a sentence with "I can't" you're setting yourself up for failure. If you decide to try to accomplish any of these things, you'll always have that nagging voice at the back of your head, feeding you negativity about all the reasons why something can't happen. This voice can also cause you to give up too soon or without getting all the facts or putting forth a real hearty effort.

Instead, we want to turn those limiting beliefs around into positive affirmations which encourage you to try even if you feel unprepared. If you want to earn a six-figure income, for instance, but don't know how to do it, you'll find hundreds of people online and in groups who are willing to help you, but they won't know you need help unless you ask the question first.



With the internet, there's no excuse for not finding the information you need to create an action list of what it takes to achieve your goal. However, don't become a perpetual student or get stuck in analysis paralysis where you're so busy researching you never take action. Educate yourself first, create a plan, then take action.

Limiting beliefs aren't your fault – they're usually shaped by observing your family, society, your environment, and your own experiences before age 7. According to psychology experts, “beliefs” in general aren't bad. They developed as energy-saving shortcuts that helped you make sense of the world when you were young.

That said, while you didn't create these beliefs, they are your responsibility to deal with once you become an adult. If you want to experience the up levels on your vision board, you have to learn how to create your life from intention—not pre-programmed beliefs.

Limiting beliefs can show up in any area of our lives. Anywhere you feel like you're not achieving what you want or can't seem to make forward progress probably stems from an underlying limiting belief.

For many entrepreneurs, this might show up in areas/fears like:

- Fear of Success and/or Failure
- Fear of Visibility/Being Seen/Being Rejected
- Money
- Relationships

Limiting beliefs are dangerous to you fulfilling your purpose because they stop you from taking action toward who you know you're meant to be. Instead, these beliefs keep you down and kill your dreams for the future.



However, if you want to step into your purpose, you HAVE to deal with the limiting beliefs holding you back. As the late Louise Hay said, “If you accept a limiting belief, then it will become a truth for you.”

The good news is beliefs are super malleable. You can change them and move beyond them. Think of them as the keys to opening the door to unlimited opportunities. Just imagine if you could...

- Release any negativity you have around money so you can make more of it without guilt or shame or anxiety
- Feel more confidence asking for what you want and going after what you truly desire
- Love yourself deeply and watch as that love overflows into your relationships
- Feel ‘safe’ (and excited) about showing up and being seen

That (and so much more!) is what radically shifting your beliefs can do. So, let’s get started!

#### NOTICE & NAME THE BELIEFS SQUELCHING YOUR SOUL

You’ll find several different schools of thought about how to best shift your limiting beliefs, but this model of behavior change is one most people agree on:

Belief → Thought → Behavior → Action → Result

This means that each limiting belief in your life has an accompanying thought. And in order for you to shift the thought so you create a different behavior (and therefore a different action and result!), you need to IDENTIFY the thoughts that make up the beliefs.

You’ll need to change these thoughts both cognitively and behaviorally. When you change your thinking, then it’s easier to change your behavior.



For example, instead of saying, “I can’t open an online business because I don’t know how to...,” change that up to a more positive thought like, “I CAN open an online business because I want to help people and I’m not afraid to ask questions about getting started.” Keep repeating that positive thought and you’ll gain some confidence and motivation to do the necessary research to set you on your way to opening your business.

Here are a few exercises to help you get started IDENTIFYING your specific limiting beliefs. I highly recommend grabbing a journal or notebook so you can jot down notes or ah-ha moments. These exercises can be enlightening and you’ll want a place to note all your revelations to review at a later date.

**Exercise #1:** Think of a situation in your life that you’re not satisfied with. Where are your results not in alignment with what you really want to be, do, or have? What area(s) of your life feel stuck or stagnant? Where have you not been able to make progress despite your best efforts?

For example, maybe you’re not happy with the amount of money you make.

Use the following fill-in-the-blank statement, “I can’t make more money because

\_\_\_\_\_”.

What reasons show up at the word “because”? This is a limiting belief or thought and is probably stopping you from moving forward.

To continue the example: “I can’t make more money because I’m afraid I’ll lose it all and wind up more broke than I am now.” The ‘limiting belief’ then is, “If I make money, I’ll lose it.”

You can also take this a step further and identify WHERE this belief came from.

Ask yourself: “When was the FIRST TIME I felt this way or had this thought?”

This can provide invaluable insight into the fact that this belief is NOT a universal truth, but a BELIEF.

Repeat for every area of your life where you feel stuck or unsatisfied.

Exercise #2: If nothing comes up doing the exercise above, arm yourself with a notebook as you move throughout your week. Notice – and write down! – the negative thoughts that crop up throughout the week as you live and work.

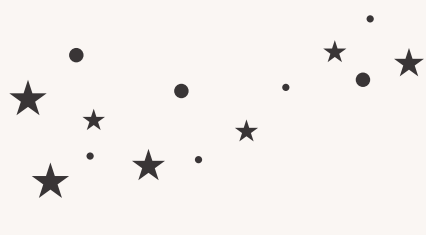
At the end of each day, go back through and ask yourself for each negative thought: Is this a fact?

If the answer's no, it's likely a limiting belief. Also write down how these beliefs affected your mood and your motivation when they appeared. Did you lose steam and want to take the afternoon off? Did it make you want to stress eat? If nothing else, noticing how these beliefs affect your actions and are holding you back can be a real wake up call.

Don't judge yourself for any beliefs or negative thoughts that come up. You're simply observing so that you can change them. We all have limiting beliefs; even the most confident entrepreneurs can struggle with this negative self-talk at any time, even after they've reached a pinnacle of success that most would envy.

Crushing these limiting beliefs will also allow you to do good in the world. Think about reaching that six-figure business. What good could you do when you reach that milestone? How could you help others?

Think way back for a moment to Thomas Edison who is known for inventing the incandescent lightbulb. He and his associates worked on 3,000 different theories for creating this type of lightbulb all in the course of two years. What if he had limiting beliefs and gave up on this idea because it was too hard; or they simply couldn't figure it out? What if they gave up after trying after 2,998 times? We might not have lights in our homes, or our ancestors might have had to wait much longer for lightbulbs to be invented.





Whatever limiting beliefs you uncover, write them down in your journal, notebook, or phone app. You'll need this list as you continue going through the other exercises.

## GET CRYSTAL CLEAR ABOUT WHAT YOUR BELIEFS ARE COSTING YOU

As your mind shifts, you'll feel more confident, which leads to taking action. You WILL believe that your business can grow, your relationships can improve, and you can buy your ultimate dream toy. Or insert any of your own desires into this list; everyone will have different beliefs and life goals, so make this as personal as possible. Don't follow someone else's lead or allow your spouse or family to influence what YOU want in life. Make these exercises about YOU.

Go back to your list of limiting beliefs and for each negative belief, write down each of the following:

1. How does this limiting belief CURRENTLY impact your life? Write down EVERYTHING that comes to mind.

For example, let's go back to the "If I make money, I'll lose it" belief. Maybe it currently impacts your life in a few ways, like you are afraid to raise your rates because you don't want to lose clients and therefore feel overwhelmed and burnt out most of the time.

Then, take it a step further:

How is feeling overwhelmed and burnt out most of the time impacting your life?

Maybe it's costing you money because you literally feel too overwhelmed to take on more clients. Or maybe it's affecting your relationships because you're always canceling on your friends last minute or yelling at your kids or partner. Maybe you're afraid to say yes to new opportunities (even ones you'd love to say yes to!) because you don't believe you'll have the energy to follow through and it makes you feel like you're not growing in your career.



Continue breaking down each of these negative effects until you can't think of anymore.

2. Think about the FUTURE. How will continuing to 'live out' this negative belief affect your future? What will you lose out on by continuing to live out this belief? Think about the effects in one year, 3-5 years and 10 years.

For example, continuing to believe "If I make money, I'll lose it" over the next year, you won't hit your income goals and you won't be able to save for the vacation you want to take next year (or insert whatever dream purchase you'd love to make here).

If you continue to believe it over the next 3-5 years, the overwhelm and burnout might affect your health even more negatively. You'll miss out on multiple opportunities and you'll likely continue to feel stuck in your career path and unable to make changes.

If you continue to believe it over the next 10 years, you could easily wind up stuck doing what you've always done, not making a single penny more than you make right now, destroying your reputation in your field, feeling disenchanted with your work, or simply burning yourself out so badly you CAN'T work anymore. (Of course, these are all hypothetical—but you get the gist!)

These two exercises can help you truly see how imperative it is to your higher purpose that you shift these beliefs. No matter what your limiting beliefs, there are always consequences that you're living with, whether you recognize it or not. Life won't be perfect all the time but working on changing these beliefs can actually help your mental attitude and outlook.

Once you've gotten clear on what your beliefs are and what they're costing you now and potentially in the future, it's time to start shifting. You'll learn how to get started in the next step.



## REWRITE YOUR BELIEFS AND CALL BACK THE TRUTH OF WHO YOU ARE!

Just so you know, when you do those exercises, you might feel some sadness or even despair. Sometimes people feel like it's a punch in the gut to really have their limiting beliefs AND the harm they're doing looking straight at them from the paper. As someone who used to let bad news make me spiral, I'm here to say it's acceptable to acknowledge those feelings BUT to remember that we're turning all of this around! Acknowledge the facts of the situation and then get excited that these things CAN get turned around.

You can also think of this as a wake-up call, as a way of telling yourself that things must change, or you'll be stuck in the same cycle for years to come. This is no different from those people who want to get out of debt; first, you must acknowledge just how much debt you have before you can peck away at it. It's the same concept here.

Know your limiting beliefs then take action to change them.

The first step to changing your limiting beliefs requires being WILLING to change them. Are you happy in your life right this second or do you want something to be different? Are you willing to step outside your comfort zone to make changes or are you content with the status quo? Get your mind wrapped around the idea of making changes and fill that thought with light and positivity. Remind yourself every day that you're WILLING to make these changes and soon you won't need that reminder because it will be a part of your psyche.

To get started, for each limiting belief ask yourself this simple question: "What if I'm wrong?"

We've got these beliefs so engrained in our brains that it's easy to believe they are true; but what if they're not? Have you EVER considered that these beliefs are LIES instead of truths? Why are we so insistent to believe these negative thoughts when we haven't tried to prove if they really are true? Interesting concept, right?



To do this exercise, all you need to do is ask the question. Do it as part of your meditation or turn it into some journal entries if that's easier. When you REALLY reflect on this question, you might be surprised at the answers you uncover.

For example, do you believe that you'll lose money as fast as you earn it? What if you're wrong? You might discover that you're an incredible saver, simply because you don't want this limiting belief to ever come true. You might find the motivation to hire a bookkeeper to help you understand your taxes and how much cash you really need to earn each month so you can pay your expenses. Think of the OTHER possibilities that can happen if you choose not to believe this limiting belief.

It's such a simple question and yet it can open your eyes to a new world of possibilities. Even in your personal life. If you believe you need to look a certain way before you can date, what if you're wrong? Whether you believe you're too tall, too short, too heavy, etc. you will never know if your next partner is out there looking for you unless YOU get out into the dating world, too.

Your next step is to choose one limiting belief to focus on and ask yourself: "Am I willing to see this differently?"

If the answer is YES (and if you're here, it will likely be!), then move on to the next step. If you feel resistance to changing this belief, that's okay. You can continue to move on to the next steps and still see shifts over time. That said, if there's a limiting belief that you feel MORE willing to shift—you might want to start there. Once you see results with one belief, it will be easier to work on the "harder" or more deeply ingrained beliefs.

Replace each limiting belief you identified with a more empowering belief and write it down.

For example, if your limiting belief is, "If I let people see who I truly am, they'll reject me," the more empowering belief might look like, "It's safe to be who I truly am no matter who is around."



Replace each limiting belief you identified with a more empowering belief and write it down.

For example, if your limiting belief is, “If I let people see who I truly am, they’ll reject me,” the more empowering belief might look like, “It’s safe to be who I truly am no matter who is around.”

If you’re having trouble coming up with the more empowering belief, think about:

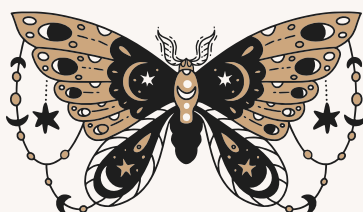
- What belief is more aligned with what you want?
- What belief can you ease into, that’s just a step or two above your limiting belief?

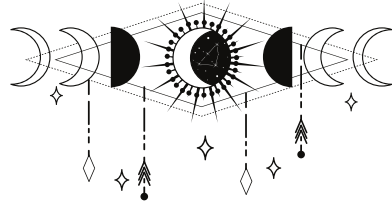
Sometimes our subconscious won't get on board right away and we have to “ease” it into this process. If you find yourself ‘retracting’ at the thought of your more empowering belief, you might need to ‘scale back’ at first with a more believable new belief. Work at your own pace.

Writing down new beliefs can feel like a lot of work—but it’s actually the easier part of this process! These new beliefs you’ve written down are now your new mantras or affirmations. Anytime the old thought pops up, repeat the affirmation or mantra in its place.

Keep these mantras/affirmations in your journal and consider keeping them in the Notes section of your smartphone for easy reference when you’re out of your office. Post them around your office and/or home so you’re reminded daily of the changes you’re making.

Over time, these new thoughts will create new neural pathways in your brain that fire automatically and eventually those old negative thoughts will disappear. You most likely will be surprised when one day you realize you haven’t had those particular negative thoughts in a long while. During this process, your core beliefs will become stronger and more ‘natural’ over time, eliminating room for those old limiting beliefs.





# Where the Magic Happens

Follow this step-by-step workbook as many times as you need to get into the right mindset needed to become a powerful instant manifestor through alignment not effort.



## **STEP ONE: LIMITING BELIEFS AS THE GOLDEN PATH TO YOUR PURPOSE**

List your “I can’t...” beliefs that bother you.



**LIST YOUR "I CAN'T..." BELIEFS THAT BOTHER YOU. TURN THESE INTO POSITIVE STATEMENTS.**

I CAN'T...

BECAUSE...

POSITIVE  
STATEMENT:



I CAN'T...

BECAUSE...

POSITIVE  
STATEMENT:



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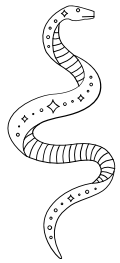


I CAN'T...

BECAUSE...

POSITIVE  
STATEMENT:





## VISUALIZE YOUR DREAM LIFE

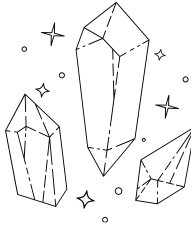
Close your eyes and picture what your ideal day looks like. What do other parts of your dream life look like? Take notes below. Make visualization a regular habit.

Describe your ideal day. Describe your dream life.

## CHANGE YOUR BEHAVIOR TO ACHIEVE TRANSFORMATION

Review your limiting beliefs and think of “that person” who goes against those beliefs and reaches for their dreams. How would “they” act in different situations? Jot down notes or adjectives describing their positive behaviors.





## DREAM OF NEW OPPORTUNITIES

What do you envision happening or opening up for you if you got rid of these limiting beliefs forever? Make a list below.

What new opportunities do you want in life?

What makes you nervous about this opportunity arriving in your life?

How do you want to feel in this area?

What action are you going to take?





## DAILY INSIGHT FOR POWERFUL TRANSFORMATION

What negative thoughts/limiting beliefs occur during the week?

- M** Journal about how inspired you feel and other emotions.
- T** Visualize your dream life, dream income and dream day.
- W** Examine any and all limiting beliefs you think are holding you back
- T** Rewrite these limiting beliefs into positive affirmations.
- F** Visualize yourself realizing your limiting beliefs were wrong.
- S** Reflect on how your limiting beliefs are impacting your life.
- S** Reflect on your progress during the previous week.

What would you like to feel next week and what will you do to get there





## COMMITMENTS TO THE NEW YOU

Based on the previous beliefs discovered, what are you going to do on daily basis to reinforce your new self?

HABIT 1

HABIT 2

HABIT 3

HABIT 4

HABIT 5

HABIT 6

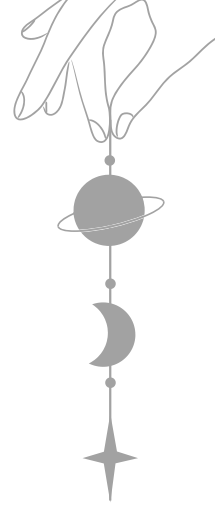




## CHECKLIST

**Evaluate each item and how you feel. Based on that, connect to your self and shift back into your power with each belief.**

- I understand the necessity of assessing my own life and my goals regularly.
- I understand that limiting beliefs are holding me back from my full potential.
- I understand that many limiting beliefs start with “I can’t...” so avoiding that phrase can help reshape my mindset.
- I understand that beliefs are malleable and can be changed so I can feel more confidence asking for what I want
- I understand that changing my belief will have a domino effect on my thoughts, behaviors, actions, and results.
- I understand that by reciting my empowered affirmations, my subconscious will start to believe them.
- I understand how adding small habits to my daily life will propel me to bigger action over time.
- I understand that taking daily actions will propel me to reach my divine purpose.
- I have a journal or planner to track my actions and journal about my emotions during this journey.
- I understand that personal development is a lifelong endeavor
- I understand the difference between a limiting or fixed mindset and a growth mindset.



## THE WHOLE PROCESS

This is your GO TO page for reprogramming each belief that comes up. Save it on your phone or somewhere accessible.

1

### CHOOSE YOUR GOAL

Briefly describe what the next task is all about in one or two lines.

2

### ASK WHY

Use the following fill-in-the-blank statement, "I can't \_\_\_\_\_ because \_\_\_\_\_"

3

### IS THIS A FACT?

"When was the FIRST TIME I felt this way or had this thought?"

4

### WHAT WOULD HAPPEN IF YOU ARE WRONG?

What good could you do when you reach that milestone? How could you help others?

5

### SHIFT INTO A POSITIVE AFFIRMATION

Acknowledge these are BELIEFS (not truths) and therefore it IS possible to shift. Flip them around.

6

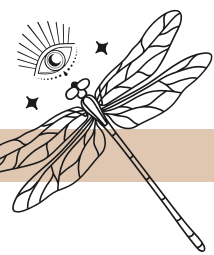
### REPEAT AND INTERNALIZE NEW AFFIRMATION

Repeat. Repeat out loud. Repeat in writing.

7

### EVALUATE & REMEMBER THE IMPORTANCE

How is feeling overwhelmed and burnt out most of the time impacting your life? This work is important.







*Thank You*

Thank you for showing up.

Thank you for choosing to make your life better.

Thank you for reclaiming your creative power,  
the world needs you.

*with love,  
K*