

FREEDOM FROM LIMITING BELIEFS

The judge is telling me _____

The Ultimate Lie Statement: _____

Fill in the blank with the Ultimate Lie Statement:

What if it didn't matter if I felt _____
or not? What next step would I take anyway?

Answer these questions:

What if it REALLY didn't matter or not? How might I react differently? How might I get creative about finding another possibility? _____

How might I open to something new that I haven't experienced before? What might that be? _____

How might I stretch myself, take a risk or be spontaneous? _____

How might I meet whatever I'm afraid of and continue on anyway? What would I do next? _____

My next action step is _____

Date: _____ Time: _____