

Breaking through limiting beliefs

"The only limit to our realization of tomorrow is our doubts of today." Franklin D. Roosevelt

COMPLETE THE SENTENCE - Business is...

Enter the first words that come to mind without overthinking it.

1	
2	
3	
4	
5	

COMPLETE THE SENTENCE - Money is...

Enter the first words that come to mind without overthinking it.

1	
2	
3	
4	
5	

COMPLETE THE SENTENCE - I can't seem to...

Enter the first words that come to mind without overthinking it.

1	
2	
3	
4	
5	

Breaking through limiting beliefs

WHAT ARE YOUR LIMITING BELIEFS

What stories are you telling yourself?

1		
2		
3		
4		
5		

WHERE DID YOUR LIMITING BELIEFS COME FROM

Think about your past, what specific events may have occurred for you to hold this belief?

#	Limiting belief	Truth or belief?
1		
2		
3		
4		
5		

WHAT ARE THE POSITIVES THAT CAME FROM THOSE EXPERIENCES

How have these experiences shaped you into the person you are today?

1	
2	
3	
4	
5	

Breaking through limiting beliefs

LETTING GO

Jot down anything that resonates with you

1	
2	
3	
4	
5	

REFRAMING YOUR BELIEFS

It's time to take back your power

#	Limiting belief	Reframe
1		
2		
3		
4		
5		

FORGIVENESS

Forgiveness isn't approval—it's release. You forgive to set yourself free, not to erase what happened.

1	
2	
3	
4	
5	

Breaking through limiting beliefs

FLIP THE SCRIPT - MONEY

Jot down anything that resonates with you

1	
2	
3	
4	
5	

FLIP THE SCRIPT - FEAR OF FAILURE/REJECTION/SUCCESS

Jot down anything that resonates with you

1	
2	
3	
4	
5	

FLIP THE SCRIPT - SELF-WORTH

Jot down anything that resonates with you

1	
2	
3	
4	
5	

Breaking through limiting beliefs

FLIP THE SCRIPT - IMPOSTER SYNDROME/ I DON'T KNOW ENOUGH

Jot down anything that resonates with you

1	
2	
3	
4	
5	

FLIP THE SCRIPT - I DON'T HAVE TIME

Jot down anything that resonates with you

1	
2	
3	
4	
5	

VALUABLE LESSONS

Jot down anything that resonates with you

1	
2	
3	
4	
5	

Breaking through limiting beliefs

AFFIRMATIONS

List 5 affirmations you can read to yourself every morning

1	
2	
3	
4	
5	





NEXT STEPS

What do you feel are the next steps you need to take?

1	
2	
3	
4	
5	

Let's Connect!

Connect with Anil

-  www.myappointments.app
-  [myappointmentsapp](https://www.instagram.com/myappointmentsapp)
-  Thrive in Practice podcast
-  thrive.anilmustafa.com.au

