



**HER**  
**Business**  
**Revolution**  
*Because we are all*  
**superwomen**

## Limiting Beliefs Factsheet

Most people are not clear on what they want as they don't believe it is really possible for them to achieve it and live their dream life!

However, they are super clear on what they don't want as they have probably experienced it in the past and don't want to experience it again.

Discover what you do want by writing down what you don't want and then writing the opposite of that.

### **The Cycle of Limiting Beliefs**

THOUGHTS > FEELINGS > ACTIONS > RESULTS

Write down what you don't want (e.g. to work such long hours in the evening) and what you do want (e.g. to only work 4 hours a day), which will give you clearer goals to work towards.

Also, the universe is waiting for your command, so until you get really clear on what you want you won't manifest it!

### **Clarity of Messages**

Now we are clear on what we want we have to be clear on the messages we are sending out into the universe.

Consciously we may think we are aware of what we are saying to ourselves but subconsciously is what we need to be aware of as that is where the manifestations come from.

Remember your thoughts create your feelings which determine your actions which then shows in your results.

If we are subconsciously thinking negative thoughts then we are attracting that to us without even realising.

## Exercise

Write down:

1. Your goals (what you say you want)...
  
2. Your beliefs (what you really think is going to happen)...
  - a. What do you need to do to believe that you can achieve your goal? (Meet people who have done it, let go of the past, build confidence, get rid of negative people, listen to positivity, etc)...
  
  - b. Your actions (what do you need to do to achieve your goal)...
    - a. Are you currently taking the action of someone who really believes they will achieve their goal?
  
    - b. How do you need to change your actions?

## Re-programming Your Mind for Success

Turn negative thoughts into positives:

I AM...

I AM...

I AM...

I AM...

I AM...

Repeat these every day - the key to success is consistency - a little a day goes a long way!