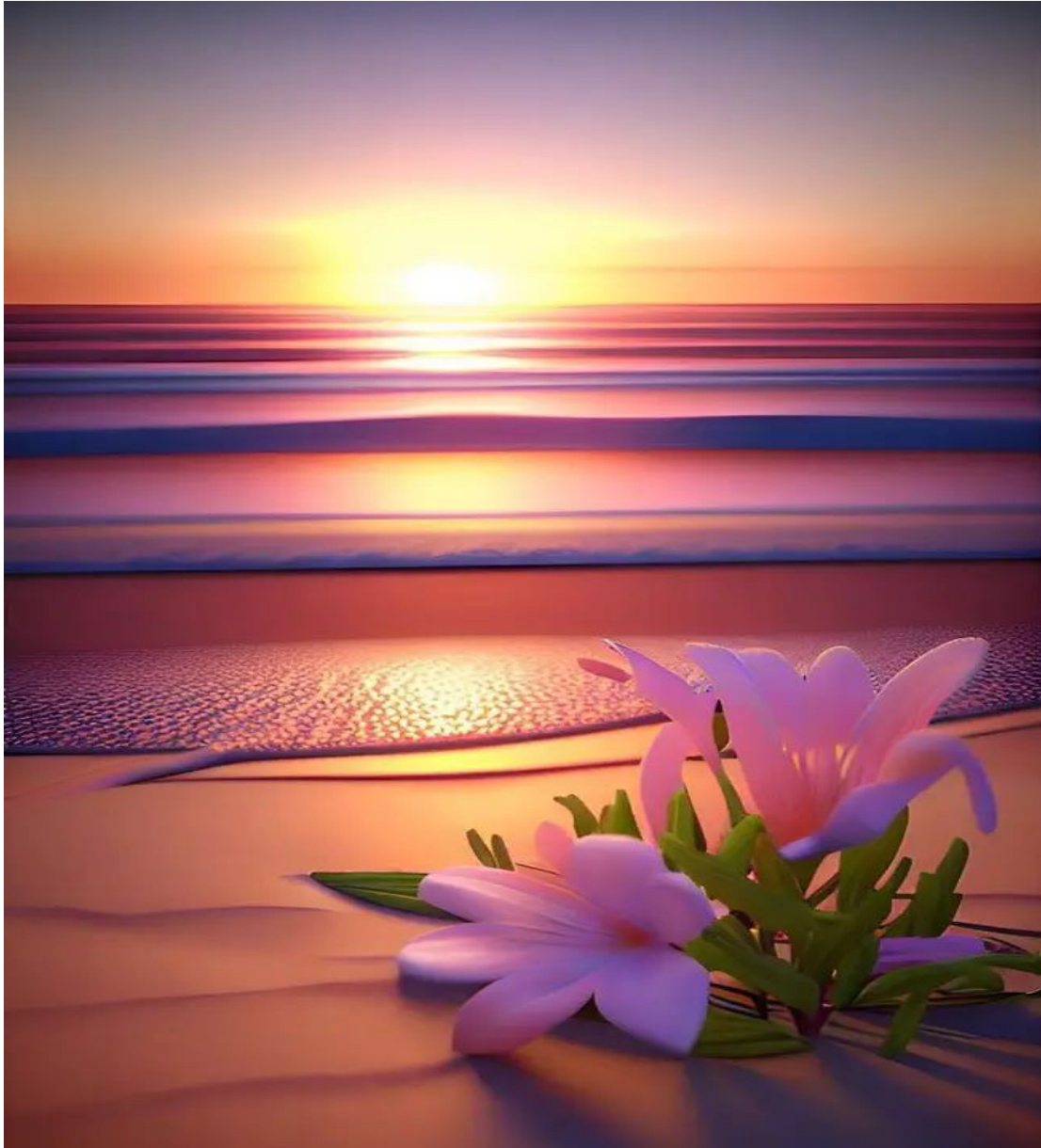


**Overcoming limiting beliefs and self-doubt.**

**Mini-course:**



**Module 1: Understanding Limiting Beliefs and Self-Doubt**

- What are limiting beliefs and self-doubt?
- How do they impact our mindset and behavior?
- Identifying your own limiting beliefs and self-doubt patterns

**Module 2: Transforming Limiting Beliefs**

## Peace and Healing Harmony

- Recognizing negative self-talk and patterns of limiting beliefs
- Strategies to reframe beliefs and belief systems
- Exercises to challenge and eliminate limiting beliefs

### **Module 3: Boosting Self-Confidence**

- Techniques to build self-confidence and self-worth
- Cultivating a positive self-image and self-talk
- Creating affirmations and visualization practices

### **Module 4: Overcoming Self-Doubt**

- Understanding the root cause of self-doubt
- Techniques to develop self-awareness and increase confidence
- Strategies for taking action and pushing past fear and self-doubt

### **Module 5: Building a Growth Mindset**

- The power of a growth mindset in overcoming limiting beliefs and self-doubt
- Practices to cultivate a growth mindset
- Tools for embracing challenges, learning, and growth

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