



UNLOCK YOUR ASCENSION

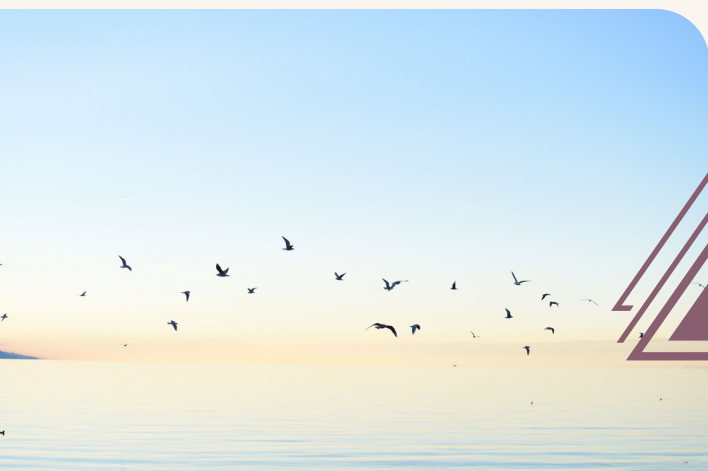
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A GUIDE TO

BREAK FREE *from* LIMITING BELIEFS

with Marisa Hannewyk



ASCEND



INTRODUCTION

We all carry limiting beliefs. The thoughts and stories we tell ourselves that hold us back from living the life we truly want. These beliefs shape our actions and keep us stuck in patterns of fear and self-doubt. But the good news is, once you become aware of these beliefs, you can break free and create a life aligned with your highest self- just like I did!

In this guide, I'll share 3 common limiting beliefs **and** give you the tools to challenge and overcome them.

Ready to dive in?





LIMITING BELIEF #1

“I’m Not Good Enough”

This belief often manifests as perfectionism or feeling unworthy of love and success. It keeps you from taking risks, pursuing your dreams, or fully embracing who you are.

Reflection Question

In what conscious memories do you recall feeling like you weren't 'enough'? Were these feelings something you experienced firsthand, or were they earned from others or your environment?



LIMITING BELIEF #2

“Change is Too Hard”

Change can feel overwhelming, and this belief convinces you that it's easier to stay where you are—even if you're unhappy. It holds you back from growth and transformation.

Reflection Question

Where do you resist change the most, and what fears come up when you think about stepping out of your comfort zone? What do you believe will happen by doing so?



LIMITING BELIEF #3

“I Don’t Deserve Success”

Whether it's fear of failure or fear of success, this belief stems from feelings of unworthiness. It might keep you from accepting opportunities or asking for what you truly want.

Reflection Question

What early experiences or messages led you to believe that you don't deserve success? How have those moments shaped your current view of your own worthiness?

BREAKING THE CYCLE

Here are three powerful steps to start shifting these limiting beliefs:

1. **Reframe:**

Start by challenging your belief. Ask yourself, "Is this really true?" and "What evidence do I have that contradicts this belief?"

2. **Replace:**

Choose a new empowering belief to replace the limiting one. For example, "I am enough, just as I am," or "I embrace change and the growth it brings."

3. **Release:**

Let go of the attachment to the old belief. You can write it down and destroy the paper as a symbolic gesture of release.





NEXT STEPS

Ready to take your transformation to the next level?

Both the **Private ASCEND Community Platform** and **Official ASCEND Journey** are designed to help you break free from the limitations holding you back.

Allow me to show you the way to freedom helping you clear outdated beliefs and step into alignment with your highest self.



[Click here to learn more about me and my story.](#)

Thank you!

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