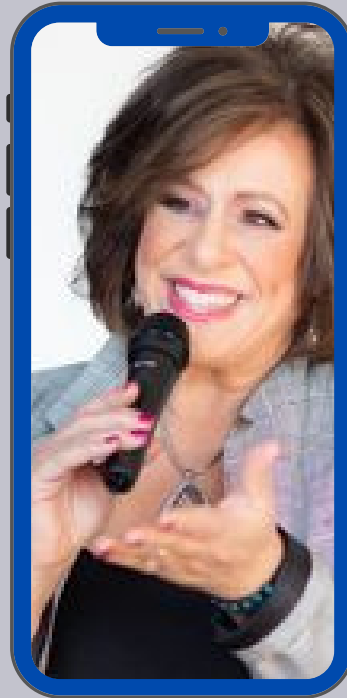


# Annihilate Your Limiting Beliefs So You Can Thrive as a Confident, Happier You

1. **You must first recognize the patterns you've created around your beliefs**, i.e, "Nothing ever I do is good enough. There's always a criticism." When you carry this belief throughout your life, you convince yourself of a belief you have that just isn't true, and so it holds you back from trying something new. You decide why bother? You're never going to get it right anyway. **The truth is:** when you recognize that it's a story you're making up from a past experience, YOU GET TO change the story.

2. **Change the story from the moment before it happened** i.e, I did a great job, and I'm proud of what I've done. If someone isn't happy with the way I've done it, that's on them. I get to enjoy knowing that I have accomplished this task and have done a great job. **The truth is:** No one can make you feel bad unless you give them that power!



*Margie Dunki-Jacobs*

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3. **Decide what you will not tolerate**, i.e, the negative self-talk that keeps reeling in your head! **The truth is:** You are the one in control and you can let it go - with one word - **STOP!**

4. **So important - Your answer outloud of "not me" must be said with everything you've got in you** - Who is the person who will continue to live with negative self-talk? Say this question and answer outloud 10 times, increasing in volume and power every single time!!! Until you believe it Until you feel the power it possesses.

5. **Now that you've annihilated your limiting beliefs, you must keep them at bay so that you can do anything you set your mind to and Lead Your Life in this More Confident State of Mind - The truth is - You can achieve what you set your mind to. The Power of Positivity is the next phase.**