

LIMITING BELIEFS ASSESSMENT

This self-assessment is designed to help gauge your awareness of any limiting beliefs you may hold about yourself and gauge your readiness for transformational coaching.

What are Limiting Beliefs? Limiting beliefs are a state of mind or beliefs about yourself that restrict you in some way. They are thoughts, opinions, or convictions you believe to be absolutely true, but that hold you back in many ways and prevent you from living life to your fullest potential. (E.g.: “I’m not smart enough,” “I’ll probably just fail at it,” “They won’t choose me”).

Directions: Complete the following assessment to determine the

5 – Very true for me

4 – Often true

3 – At grade level/standard; standards have been met at minimum capacity

2 – Rarely true

1 – Not at all true for me

Do you sometimes struggle with feeling like you’re not “good enough” or “ready enough” to pursue your goals?

5	4	3	2	1
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Do you avoid taking on tasks or doing things because of fear of rejection or because others will judge you if you fail?

5	4	3	2	1
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Do you compare yourself to others and feel that you always fall short?

5	4	3	2	1
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Do you doubt your abilities or struggle with feeling like an imposter?

5	4	3	2	1
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Do you feel your past mistakes define your future potential?

5	4	3	2	1
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Do you feel open to replacing limiting beliefs with empowering ones?

5	4	3	2	1
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Grand Total (Max Score 30) (Sum of Segment Scores): _____

Limiting Beliefs Score Interpretation

Section I: Identifying Limiting Beliefs (Max 40)

- **20-30: You're in need of a reframe – while limiting beliefs are all too human and more common than you may think, they are holding you back**

Limiting beliefs might significantly be impacting your confidence, decision-making, and growth. While these beliefs may have served to protect you in the past, they now may be limiting your growth. Transformational coaching may provide an opportunity for you to begin rewriting your story. Schedule a coaching discovery call now to learn more.

- **11-19: You're increasing your awareness and understanding**

You may be aware of some limiting beliefs, but they're not consistently holding you back. You're aware of some patterns that may be holding you back. With some support and reflection, you can move into a space of growth and empowerment by shifting these beliefs, gaining greater enlightenment, and stepping into a more confident version of yourself by gaining greater clarity, understanding, and acquiring new tools to fast forward your growth. Consider exploring these beliefs more deeply through coaching or journaling. Schedule a coaching discovery call now.

- **1-10: You're on the path and building a resilient mindset**

You show strong resilience, self-awareness, and self-belief, with minimal interference from limiting beliefs. You've done meaningful work to challenge limiting beliefs. Keep nurturing your self-belief and continue expanding your capacity for bold, aligned action. Keep leading and living with confidence and clarity.

Do you feel open to replacing limiting beliefs with empowering ones? Reach out to info@thelevergroup.com to learn more about how we can assist you.