



SHE'S ON PURPOSE CRUSHING LIMITING **BELIEFS**

ASSESSMENT TEST

Answer the following questions below honestly to help you determine the limiting beliefs in your life.

1. Do you ever feel like you don't have enough time to get everything done?
2. Do you believe that you are too old to start something new and exciting?

3. Do you feel like your past failures will negatively influence your future?

4. Do you believe that your past governs your future?

5. Do you ever feel as though your resources are too limited to achieve what you want?

6. Do you get easily discouraged over what seems like a lack of forward progress with your goals?
7. Do you regularly compare yourself to others and judge your success based upon others?
8. Do you believe that others are responsible for your current life circumstances?

9. Do you feel that you don't deserve success?

10. Do you constantly worry about what others will think of you?

11. Do you fail to give yourself the love, compassion, and understanding that you give to others?

12. Do you believe that you can do everything yourself, without the help of others?

13. Do you ever feel like you're not smart enough to achieve what you really want?

14. Do you constantly wait to start things, hoping to get things just perfect?

If you answer, "Yes," to any of the questions above, then you are dealing with limiting beliefs that are holding you back. You should take the Crushing Limiting Beliefs Course to address these limiting beliefs as soon as possible so you can make forward progress on your hopes, goals, and dreams.