

Limiting Belief Reframe Worksheet

This reflective worksheet is designed to help you uncover and release the limiting beliefs that may be holding you back. Take your time to answer each question with honesty and curiosity & without judgment. ***If you'd like support and guidance going through these questions, or would like to talk further about this, please go to Book or Contact section to get in touch.**

1. Where in your life do you feel most challenged or stuck right now?
(Relationships, career, self-worth, health, finances, etc.)



2. What's the story (or lie) you've been telling yourself in this area?
(e.g., "I'm not enough/good enough" "I need to work harder to earn more money," "Needing help or rest makes me weak.")



3. What is it like living within this story?

- How does it feel in your body?
- How does it impact your behavior, emotions, or relationships?
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4. What was your original justification for this belief?

- Is there a memory or experience from your childhood/teen years that made this belief feel "true"?
- What happened? Who was involved?
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5. Complete this sentence:

"I made [event/experience] mean that I am not _____."

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6. What lenses are you looking through?

(e.g., fear, rejection, unworthiness, perfectionism)

- How has this colored how you see yourself, others, and the world?
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7. What decision did you make about yourself at that time?
(e.g., “I have to be perfect to be loved,” “If I speak up, I’ll be rejected.”)



8. What behaviors or patterns did you adopt to compensate or protect yourself?
(e.g., people-pleasing, withdrawing, overachieving, avoiding conflict)

- A small icon of a pencil, indicating a writing prompt.

9. If that belief is not actually true — how might you feel instead?

- What would shift internally and externally?
- Who might you become/What would become available to you?
- A small icon of a pencil, indicating a writing prompt.

10. What is a new, empowering truth you choose to believe now?
(Try writing it in the present tense even if it feels uncomfortable)

- A small icon of a pencil, indicating a writing prompt.

11. What is one small action or thought you can commit to this week that aligns with this new belief?

- A small icon of a pencil, indicating a writing prompt.

Reflection Reminder:

Beliefs are not facts. They’re often stories we told ourselves to make sense of pain, rejection, fear or confusion. But you are allowed — and fully capable — of choosing new truths that reflect who you really are and what you are capable of. Beliefs that open doors instead of closing them.