

BELIEFS

CHECKLIST

Hi. Use this checklist as you review your personal journal entries.
Notate *LB* when you notice a Limiting Belief, and *EB* for Empowering Beliefs.

EMPOWERING BELIEFS

Characteristics

- Imaginative
- Positive thinking
- Unconditional love and acceptance
- Creative
- Original, unique
- Confident
- Conscious
- Focus on strengths
- Your highest, infinite thinking
- Aware of feelings
- Allows and responds to feelings

LIMITING BELIEFS

Characteristics

- Limited thinking
- Negative thinking
- Conditional love and criticism
- Stifled, old, stuck
- Fake, copy others
- Doubting
- Unconscious
- Correct weaknesses
- Human, limited, finite thinking
- Unaware of feelings
- Resists or reacts to feelings

BELIEFS

EXAMPLES

Hi. When you notice a Limiting Belief, you can counter it by creating your own Empowering Belief. See examples below. And Create your own lists.

EMPOWERING BELIEFS

- *I am trustworthy.*
- *I am intelligent.*
- *I am significant.*
- *I am loved.*
- *I am talented.*
- *I am resourceful.*
- *I am healthy.*
- *I am strong.*
- *I am capable.*
- *I am knowledgeable.*
- *I am growing and improving relationships.*

LIMITING BELIEFS

- *I am wrong.*
- *I am stupid.*
- *I am not important.*
- *I am not good enough.*
- *I am not enough.*
- *I am helpless.*
- *I am sick.*
- *I am weak.*
- *I can't _____.*
- *I don't know _____.*
- *I will always struggle with relationships.*