

# LIMITING BELIEF REFRAMER



## Always Developing Leader – 12 Week Intensive 1-on-1 Coaching Program

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**Purpose:** This worksheet is designed to guide you in identifying, challenging, and reframing limiting beliefs that may be holding you back. By actively reframing these beliefs, you can shift your mindset to one that serves your growth and potential.

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### 1. Identifying Your Limiting Belief

Start by noting down a limiting belief you currently hold about yourself or your capabilities:

*Limiting Belief:*

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### 2. Origin of the Belief

Reflect on when and where this belief might have originated. Was it a specific event, a comment from someone, or a series of experiences?

*Origin of the Belief:*

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### 3. Analyzing the Impact

How has this limiting belief affected your actions, decisions, or feelings?

*Impact of the Belief:*

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#### 4. Challenging the Belief

Ask yourself: Is this belief universally true? Are there instances where this belief was proven wrong? Document any evidence or instances that challenge this belief.

*Challenging Evidence/Instances:*

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#### 5. Reframing the Belief

Given your reflections and the challenging evidence, how can you reframe this limiting belief into a more empowering belief?

*Reframed Belief:*

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#### 6. Envisioning the Impact of the Reframed Belief

Imagine embracing this new, empowering belief fully. How would it change your actions, decisions, or feelings?

*Potential Impact of the Reframed Belief:*

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#### 7. Committing to Change

Write a commitment statement that encapsulates your journey from recognizing the limiting belief to embracing the reframed belief:

*Commitment Statement:*

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#### Closing Thoughts:

Reflect on this reframing process. What emotions or insights arose during this exercise?

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The "Limiting Belief Reframer" worksheet is an active tool in the journey of personal growth. By challenging and reframing limiting beliefs regularly, you cultivate a mindset that is aligned with your true potential and aspirations.