

Limiting Beliefs Identification and Reframing Worksheet

Anxiety can feel overwhelming, but small, intentional actions can help bring you back to the present moment. This worksheet includes 4 simple yet effective techniques to ground yourself, regulate your breathing and reflect on your thoughts.

Use this worksheet whenever you feel anxious or need a moment to reset. With practice, these tools can help you regain control and find a sense of calm.

If you're ready for deeper support in unlocking your full potential, I'd love to help - get in touch to start your journey.

with love
Jessica



Identify Your Limiting Beliefs

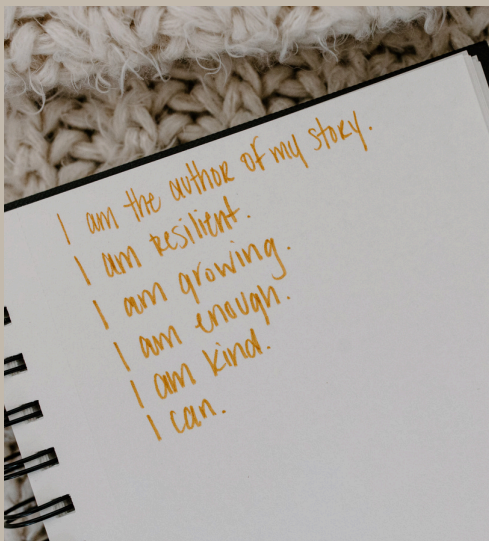
Take a moment to reflect on the thoughts or beliefs that hold you back, especially in situations that trigger anxiety or self-doubt. Write down any limiting beliefs you hold about yourself or your abilities.

1. What beliefs do you hold about your ability to succeed?

2. What do you believe about your worth or value in the workplace?

3. What beliefs come up when you think about failure?

4. What do you believe about your ability to handle stress or anxiety?



Examples

"I'm not good enough to succeed."

"I have to be perfect to be valued."

"If I fail, it means I'm not capable."

"I will never be able to manage my anxiety."

Challenge Your Limiting Beliefs

Now that you've identified some limiting beliefs, challenge them by asking yourself the following questions:

- Is this belief based on facts or assumptions?
- What evidence do I have that contradicts this belief?
- Have I ever succeeded in a similar situation before?
- What would I say to a friend if they held this belief?

For each belief you listed,
answer the questions above:

1. Limiting Belief: "I'm not good enough to succeed."

- Is this belief based on facts or assumptions?
- Evidence to contradict this belief:
- What would I say to a friend?

2. Limiting Belief: "I have to be perfect to be valued."

- Is this belief based on facts or assumptions?
- Evidence to contradict this belief:
- What would I say to a friend?

3. Limiting Belief: "If I fail, it means I'm not capable."

- Is this belief based on facts or assumptions?
- Evidence to contradict this belief:
- What would I say to a friend?

4. Limiting Belief: "I will never be able to manage my anxiety."

- Is this belief based on facts or assumptions?
- Evidence to contradict this belief:
- What would I say to a friend?



Reframe Your Limiting Beliefs

Now, let's reframe those limiting beliefs into more empowering and supportive thoughts. For each belief, write a new, more positive, and realistic belief that challenges the old one.

1. Limiting Belief: "I'm not good enough to succeed."

Reframed Belief: "I am capable of succeeding, and I have the skills to keep improving."

2. Limiting Belief: "I have to be perfect to be valued."

Reframed Belief: "I am valuable for who I am, not for my perfection. My unique qualities make me strong."

3. Limiting Belief: "If I fail, it means I'm not capable."

Reframed Belief: "Failure is part of the learning process, and it doesn't define my abilities. I can always improve."

4. Limiting Belief: "I will never be able to manage my anxiety."

Reframed Belief: "I have the tools to manage my anxiety, and I'm capable of handling difficult emotions with practice."



"If you accept a limiting belief, then it will become a truth for you."

~ Louise Hay

Affirmations for New Beliefs

Create affirmations based on your reframed beliefs that you can repeat to yourself regularly to strengthen your new mindset.

- Affirmation for Limiting Belief 1: "I am good enough, and I am capable of achieving my goals."
- Affirmation for Limiting Belief 2: "I am worthy and valuable, just as I am."
- Affirmation for Limiting Belief 3: "Failure helps me grow, and I am always learning."
- Affirmation for Limiting Belief 4: "I can manage my anxiety and find calm in any situation."

Action Plan:

Now that you've reframed your limiting beliefs, write down one small action step you can take today that will help you begin to live by your new, empowering beliefs.

Action Step:

(For example, "I will speak up in the next meeting to share my thoughts, trusting that my voice matters.")

Reflection:

How do you feel after identifying and reframing your limiting beliefs?



Ready to take the next step?



[Book a free
consultation call here](#)

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