



Shanakay Millington

Life Coaching

The Easy-to-Action Guide on Overcoming Limiting Beliefs

*8-steps actionable
plan*

WWW.SHANAKAYMILLINGTON.COM

Introduction

Are you wanting to move forward in life but you're constantly feeling stuck and overwhelmed?

You know there is more out there for you but your limiting beliefs are holding you back?

It's time to combat those limiting beliefs so you can feel empowered, make powerful mindset shifts and move forward.

My easy-to-action 8 Steps Guide will help you to do just that.

Limiting Beliefs are thoughts or opinions that we believe to be true. These beliefs have a negative impact on your life by stopping you from moving forward and growing on a personal and professional level.

These beliefs are usually unconscious thoughts and are usually formed by something that you experienced throughout life, most times during childhood.

Complete this exercise in a quiet space. You will need to reserve at least 45 minutes of your time to do this properly.

Make sure you are sitting comfortably in an upright position where you can breathe freely.

Get a pen and your journal or even just a piece of paper that you can write on.

Prop yourself up on pillows or do whatever you need to feel relaxed.

Before you start, close your eyes and take 4 deep breaths - in and out.

Clear your mind of clutter and block the world out for a bit. When you are ready, move to the first step.

Step 1:

Ask yourself “What are your fears?” “What are you afraid of?” - There is no wrong or right answer here. Try to be as honest and open with yourself as you possibly can.

These could be anything from a fear of failure to a fear of procrastination, etc.

This process might feel uncomfortable as you may feel some resistance to doing it. You may even feel vulnerable. That’s ok and it’s absolutely normal. Remember you are in a safe space.

Breath through it and push through.

Step 2:

Make a list of these fears. Write them all down.

Step 3:

Ask yourself what are your beliefs around these fears? Why do you have these fears? Again try to be as honest and open with yourself as you possibly can.

Write them all down.

Step 4:

After doing this, I then invite you to close your eyes and breathe in and out slowly.

You can play some calming, meditation music in the background if you'd like.

And repeat to yourself “Today I release all fears from my mind.” “ I let go of every fear of ----- right now.” (Insert of each of your fears)

Say this over and over to yourself for at least 5 minutes. (repetition is key)

Step 5:

When you are finished slowly open your eyes and repeat to yourself, “All that I desire to do, be or have is mine today.”

Say this at least 10 times getting louder and louder each time.

When you are finished close your eyes and let that sink it.

Feel it deep within your chest - take a deep breath - breathe in (holding your breath for 5 seconds) and then breathe out.

Slowly re-open your eyes.

Step 6:

I now invite you to take the sheet of paper with your fears and beliefs written on it and rip it up, burn it or shred it! And watch it go! Savour the moment!

When you are ready move to step 7.

Step 7:

Write your affirmations down in your journal. Affirmations are positive statements that help you to challenge and overcome self-sabotaging thoughts.

Affirmations should be positive and should not include any negative words.

**For example: I AM ENOUGH! I AM WORTHY! I AM CAPABLE OF
ACHIEVING EVERYTHING THAT I DESIRE!**

Make a list of at least 10 affirmations that truly resonate with you.

[illegible]

Step 8:

I now invite you to stand in front of a mirror, look at yourself and repeat the affirmations to yourself.

Feel them and believe them!

End with the affirmation “ ALL THAT I DESIRE TO DO, BE OR HAVE IS MINE TODAY!”

You may feel some resistance when you’re doing this. Again, that’s ok and completely normal. Remember you are in a safe space. Breath through it and push through.

Light some candles and create a serene atmosphere. If you aren’t into candles you can put some light background music on. Close the curtains or dim your lights. Sit comfortably and relaxed and take a few minutes now to journal on what comes up for you, write about how you feel. Stay in your calm zone for at least 10 minutes and savour the moment.

**You can do this exercise as often as you’d like. **

Feel free to share with me how you felt or anything that came up for you if you would like
You can email me at hello@shanakaymillington.com or send me a message on Facebook
[m.me/shanakaymillingtoncoaching](https://www.facebook.com/shanakaymillingtoncoaching)

Your Coach,

Shanakay