

3 STEPS TO
overcoming
LIMITING BELIEFS



**IF YOU CHANGE THE WAY YOU THINK, YOU WILL
CHANGE THE WAY YOU LIVE.**

KIARA LUNA, LMHC

What are

limiting beliefs?



Limiting beliefs are judgements you believe about yourself and who you are. These limiting beliefs holds you back from achieving the things you want and desire in life. They often live in your subconscious, meaning that at times; you don't even know that you have them until someone else is able to point them out to you. These limiting beliefs stop you from taking risks, getting the success you want in life and living the life you deserve.

3 Steps to Overcoming Limiting Beliefs

Worksheet

Limiting beliefs that live in our subconscious lead us to stress and fear which then blocks our ability to learn new information, create, and think clearly.

#1 Identify and write down your general limiting beliefs.

The goal is to be aware of the beliefs you may carry and acknowledge them.

#2 Assess your behaviors in relation to the limiting beliefs identified.

This will help you gain awareness as to how your belief may show up in your relationships and life. This will allow you to gain deeper understanding how continuing to have this belief can be damaging to you.

#3 Challenge your own belief.

Now that you know which beliefs are keeping you stuck and unable to achieve the goals you may want in life, challenge them. Question their validity -, where they are coming from, and refuse to accept that limiting belief as a fact.

SCHEDULE A consultation today

Identifying and getting to our underlying negative beliefs to rewire our subconscious mind can be very challenging!

At the same time, it is so rewarding to do so!

YOU DO NOT HAVE TO DO THIS ALONE!

If you feel this is something you feel prepared and ready to dive into even deeper, do not hesitate to schedule a consultation with Knew You Psychotherapy to work with one of our amazing therapists!

[READY TO GROW? BOOK HERE](#)



LET'S CONNECT