

# 9 Steps to Move Forward & Overcome Your Limiting Beliefs

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01

**Understand:** Limiting beliefs keep you from achieving your full potential. It may take time, but you need to believe in yourself, what's holding you back, and your ability to change.

02

**Acknowledge:** As previously stated, they may feel true, but all they are is a point of view, which is often a false one.

03

**Awareness:** Notice when your internal voice expresses a limiting belief, which is not always obvious, so your job is to be on the lookout constantly.

04

**Record:** Write down whenever you hear a limiting belief's voice. Do you see the same limiting beliefs popping up time after time? These patterns help explain why you cannot achieve some of your dreams.

05

**Replace:** Add an empowering belief that says you can change your limiting belief and make your dream a reality.

06

**Remind:** Use affirmations to remind yourself of your capabilities. .

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**Visualize:** Think about what would happen if you did not have these limiting beliefs. Make your visualization as vivid as possible.

08

**Seek:** Look for opportunities to practice your new enabling beliefs.

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**Celebrate:** Solving these triggers takes courage and patience. Celebrate your efforts