

Up Your Game: Belief Conversions

Module Three, Session Four Worksheet

What beliefs do you have about yourself or the world that have stopped you from accomplishing your goals in the past?

1. Identify a limiting belief that is holding you back. Write it down here.

2. What empowering belief will you adopt instead?

3. List the old thoughts and behaviors you will GIVE UP.
4. List the thoughts you will replace them with that are in alignment with your new belief.
5. What actions will you take that are in alignment with your new belief?
This is your belief conversion!