



NEGATIVE MESSAGE

Write down a negative message that you received from parents, relatives, teachers, coaches, friends, media, doctors or from yourself (e.g., about your body, your relationships, your schooling, your sport, other interests?).

Example: "My coach says I have no talent."

Is this statement a fact (scientifically proven) or an opinion?

FACT

OPINION

LIMITING BELIEF

What is the limiting belief that stems from this message? A limiting belief usually starts with: "I am". Whenever you attach the words "I am" to a statement about yourself you personalise it and attach your identity to it.

Example: "I am not as talented as the other athletes."

Does this limiting belief bring peace or stress to my life?

PEACE

STRESS

RELEASE

Forgive yourself and others that may have contributed to this negative belief.

Example: "I extend forgiveness to my coach; he might have just been having a bad day"

NEW BELIEF

Transform this limiting belief and the stress it causes into a new empowering and positive belief. A belief that will encourage, protect and inspire you!

Example: "What I don't have in talent I make up with persistence and heart."
