



LESSON FOUR:
RELEASING YOUR LIMITING BELIEFS

REFRAMING YOUR FEARS WORKSHEET

Fear and the negative self-talk stories you're listening to are holding you back. When you listen to fear, the voices in your head, or the voices of those around you, you start to believe that you can't do this. Well, love, it's time to kick them to the curb!

The good news? We can overcome our fears and we can adjust our thought patterns to catch our self-sabotaging patterns and reframe them to empower us.

The thoughts that you say to yourself over and over again, whether that's consciously or subconsciously, have been proven to change the way you view yourself and the world around you. Be mindful of the stories you're telling yourself that are feeding into this fear you have of taking action steps towards your dream life vision.

In this exercise, we're going to take all of our fears and flip them on their heads. Tell yourself why that fear is not true, even when you feel like it is - find the reasons to combat it! Try looking at it from the lens of talking with a friend who is telling you the things she's afraid of. What advice would you give to her?

STEP 1:

Using the space below, write down all of your fears. Get all of them onto paper no matter how big or small.

STEP 2:

Rewrite your fears. Using the space below, write down why that fear is not true. Start with the three biggest fears that you think are holding you back and leading to your self-sabotage.