

5 STEPS TO OVERCOMING LIMITING BELIEFS

01

Identify

Identify the belief you want to change

02

Why

Know why you want to change

03

Create Thought Ladder

create list of transition thoughts

04

Next Believable Thought

Choose the next believable thought

05

Convert Can't to Can

Keep going until convert limiting belief into supportive belief

The Make it Happen Project



OVERCOMING LIMITING BELIEFS

What Limiting Beliefs Do You Have?

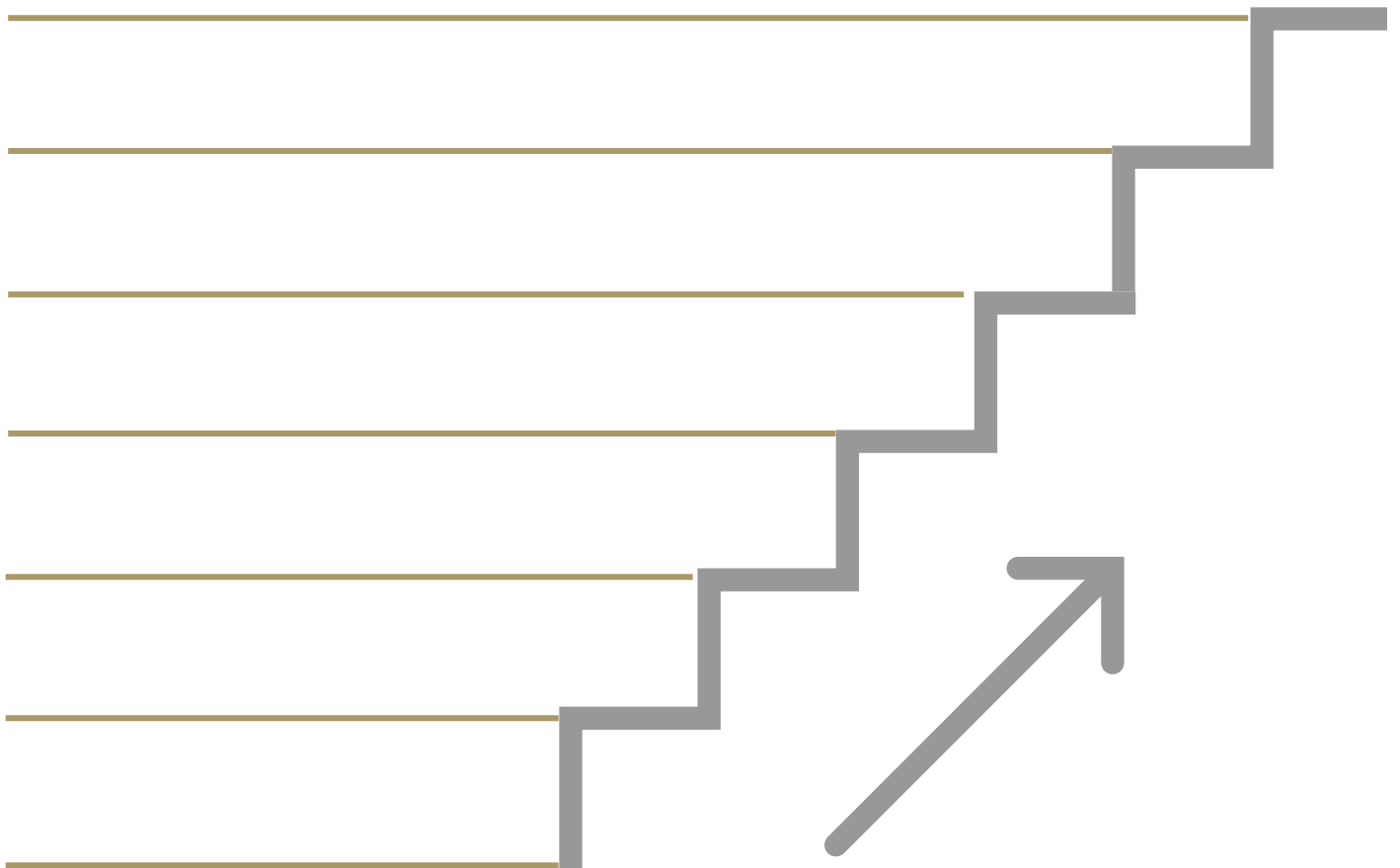
What Limiting Beliefs Do You Want To Change?

Why Do You Want To Change Them?



Belief Ladder

Create a list of incrementally improving thoughts.



Start Here