

## Changing unhelpful beliefs

So you've worked out that you have some beliefs that are limiting or harming you. What do you do about them?

Write down the beliefs that are most limiting. Ask yourself:

- What evidence do I have for this belief? Is it always true in all circumstances?
- Are there examples from my life that show this belief to be untrue – or even ridiculous?
- Who did I learn this belief from? Would I still want to learn this from them?
- How is this belief harming me? What will it cost me if I don't let go of it?

If you've taken time to really answer these questions, already you may find that the limiting beliefs are weakened. The next step is to replace them with their opposites. Try this:



1. Write down the opposite of the limiting belief.  
*e.g. If the limiting belief was: "I'm no good at sports", the opposite would be something like: "I'm great at sports."*
2. Now add something about the 'process' – use words like 'begin to', 'learn about', 'understand', 'realise', 'take steps to'.  
*e.g. "I could learn to be great at sports."*
3. Next, add something to give it 'motivation' – use words like 'enjoy', 'fantastic', 'brilliant', 'magical', 'amazing', 'thrilling'.  
*e.g. "I could enjoy learning to be great at sports", or "It will change my life when I learn to be great at sports".*
4. Finally, imagine yourself living with this new statement for the next 24 hours. Could it be true for you? If it feels false, change any bits of it you need to until you are comfortable with it.