

Transforming Limiting Beliefs...

1. Recognize the limitation.
2. “Soften the edges” of the old belief while...
3. Looking for evidence that the new belief is true.
4. Practice feeling “as-if” the new belief were true.
5. Check for misalignment with other life aspects, or conflicting beliefs.
6. Look for people and organizations aligned with your belief, and note their progress and success with the chosen direction.
7. Practice self-acceptance, and follow your highest interest and joy!

