

[6.1] UNCOVERING LIMITING BELIEFS

Session 6: Beyond Belief – Reframe Your Limiting Assumptions

Objective: Uncover hidden assumptions that limit you. Activate Attention, Anticipation, and Agency, reflecting Nir Eyal's "Beyond Belief" session.

For each life area, write a limiting belief you hold:

HEALTH & ENERGY

I believe:

This belief limits me by:

A truer or more empowering belief would be:

RELATIONSHIPS

I believe:

This belief limits me by:

A truer or more empowering belief would be:

[6.1] UNCOVERING LIMITING BELIEFS_

continued

WORK / CAREER

I believe:

This belief limits me by:

A truer or more empowering belief would be:

PERSONAL GROWTH

I believe:

This belief limits me by:

A truer or more empowering belief would be: