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# Day 11: Transforming Limiting Beliefs

**Today's Focus:** Reframe negative self-beliefs that drive avoidance

**Time Commitment:** 20 minutes

**Core Exercise:** Limiting Belief Reframing

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## Morning Check-in (2 minutes)

### *Daily Questions:*

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

*Week 3 - Going Deeper:*

From your task decomposition yesterday, what micro-step will you continue?

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## Identifying Your Core Limiting Beliefs (5 minutes)

Limiting beliefs are the deep stories we tell ourselves about our capabilities, worth, and potential. They're often so familiar we don't question them.

### Common Avoidance-Related Limiting Beliefs:

- "I'm not capable enough"
- "I always mess things up"
- "I don't deserve success"
- "I'm lazy/undisciplined"
- "Others are naturally better than me"
- "If it's not perfect, it's worthless"

## Your Belief Identification

*When you think about your procrastination and fears, what underlying beliefs about yourself emerge?*

*Complete these sentences:*

"I am \_\_\_\_\_"

"I can't \_\_\_\_\_"

"I always \_\_\_\_\_"

"I never \_\_\_\_\_"

"Other people \_\_\_\_\_"

*Circle your strongest limiting belief from above.*

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## Main Exercise: Belief Reframing Process (10 minutes)

### Step 1: Examine Your Chosen Belief (4 minutes)

**Your limiting belief:** "\_\_\_\_\_"

*Where did this belief come from?*

- Childhood experience?
- Repeated feedback?
- One significant event?
- Comparison with others?

**Origin story:** \_\_\_\_\_

*How has this belief protected you?*

(Example: "If I believe I'm not good enough, I won't try hard things and risk failure")

\_\_\_\_\_

*What has this belief cost you?*

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## Step 2: Find Counter-Evidence (3 minutes)

*Evidence that contradicts this limiting belief:*

*Times you succeeded despite this belief:*

1. \_\_\_\_\_
2. \_\_\_\_\_

*Skills/strengths that contradict it:*

1. \_\_\_\_\_
2. \_\_\_\_\_

*What others have said that contradicts it:*

1. \_\_\_\_\_
2. \_\_\_\_\_

## Step 3: Create a Balanced Alternative (3 minutes)

*Instead of your limiting belief, a more balanced truth would be:*

*Framework options:*

- "Sometimes I \_\_\_\_\_, and sometimes I \_\_\_\_\_"
- "I am learning to \_\_\_\_\_"
- "I have both strengths and areas for growth, including \_\_\_\_\_"
- "My worth isn't determined by \_\_\_\_\_, but by \_\_\_\_\_"

*My balanced alternative belief:*

" \_\_\_\_\_ "

**How does this new belief feel?** (Scary? Relieving? Empowering?)

\_\_\_\_\_

\_\_\_\_\_

## Courage Journal Start (2 minutes)

**Purpose:** Build identity as someone who faces fears

Starting today, you'll document daily acts of courage, no matter how small.

*Today's acts of courage (anything that felt slightly scary/uncomfortable):*

- Morning: \_\_\_\_\_
- Afternoon: \_\_\_\_\_
- Evening: \_\_\_\_\_

*Examples: Speaking up, asking a question, making a phone call, starting a small task you'd been avoiding*

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## Belief Integration Practice (1 minute)

*Write your new balanced belief on a sticky note or phone note.*

*Place it where you'll see it when you feel the old limiting belief arising.*

*Practice saying it out loud 3 times right now:*

1. " \_\_\_\_\_ "
  2. " \_\_\_\_\_ "
  3. " \_\_\_\_\_ "
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## Tomorrow's Preparation

Tomorrow we'll explore how failure can actually be normalized and useful rather than something to avoid at all costs.

*Belief Transformation Thought:*

*"My beliefs about myself can evolve. I am not fixed - I am growing and learning."*

