



Overcoming Your Limiting Beliefs

It is now the time to let go and overcome limiting beliefs that hold you back from reaching your goals and dreams.

let's do this

Hello!



Welcome to *Breaking Through Imposter Syndrome and Stepping into HERSTORY* course. I am beyond excited that you're here. This means that you have decided to take the first step that will help you to navigate your fears, self-doubt and other limiting beliefs so you can begin to create the life that you love. I know that deciding to take the first step is not always an easy decision and I am so very proud of you and I will be with you every step of the way.

I am Dr. Yudi Ross, an accomplished educational leader with 15+ years of high-impact experience with a stellar record of architecting and accelerating the growth of academic learning programs. I have been instrumental in developing pedagogical programs, including multi-mode, blended, and e-learning platforms for diverse groups and skilled in leveraging superior communication and analytical skills to deliver training.

I am very excited for this new partnership and I can't wait to see your journey as we go along this course.

WITH LOVE,

Dr. Yudi Ross

Making the most

How to Use This

YOUR TOP TIPS FOR HOW TO MAKE THE
MOST OF YOUR WORKBOOK.

Does it feel as though your abilities are limited and always in need of improvement? This workbook will give you the inspiration and guidance to build a healthy self-love. It helps with overcoming limiting beliefs, creating more confidence in yourself, giving up perfectionism while still maintaining high standards for yourself - all while learning how to become truly happy with who YOU are!



LESSON

03

Overcoming your Limiting Beliefs

Don't let limiting beliefs hold you back!

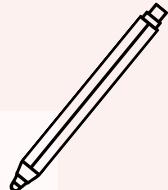
*Identify, eliminate, and replace your
limiting beliefs with ones that support
your success. Answering these questions
will help you in your quest.*

OVERCOMING YOUR LIMITING BELIEFS

WORKBOOK

Imagine the person that you are capable of being, and fill in your blank self to become that. This workbook will guide you through developing a healthy relationship with yourself by learning how to overcome limiting beliefs.

1. *What are your most difficult circumstances that you believe are holding you back from the life you desire?*



OVERCOMING YOUR LIMITING BELIEFS

2. Overcoming one of these challenges can create a big impact in your life.

Which one is it?

3. With reference to this challenging situation, what beliefs might be keeping you from moving forward?

4. Analyze each of these negative beliefs. How can you be certain that they're true?

OVERCOMING YOUR LIMITING BELIEFS

5. Where did you get these beliefs? Evaluate the sources to help determine if they have any validity in your life today.

6. How would your life change if you eliminated these beliefs?

7. What positive beliefs would be better for helping you attain your goals? For each negative belief that's holding you back, come up with a positive belief that would support your desires.

OVERCOMING YOUR LIMITING BELIEFS

8. What evidence supports these new beliefs?

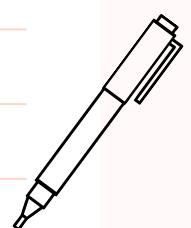
9. What will you do to replace your limiting beliefs with positive, new beliefs?

10. What should you do when you feel like you're going back to your old, limiting beliefs that you overcame?

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Whether you
think you can,
or can't,
You're right.

HENRY FORD

Take a Note



Thank you!

"Thank you" is probably something you hear all the time, but today when you I say those two words, just know I mean them more than you know.

I thank you for believing and trusting in me. Thank you for allowing me to open up your mind to the endless possibilities that's awaiting for you once you get out of your own way.

And most of all, thank you for allowing me to create my seat at the table and invite others to sit with me.

Thank you for your continued support!!!!

WITH LOVE,

Dr. Yudi Ross



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