

Exercise Day 10:

Releasing limiting beliefs.

The first time I did this exercise I couldn't believe how many limiting beliefs I had on my list...and when I really looked at them, most of these were beliefs that weren't really true, they were just things I heard, that I unconsciously decided to believe.

Make a list of your limiting beliefs. Reframe them with positive ones that allow you to create the life you want.

For instance:

Limiting belief: I am not worthy of love.

Reframe the belief: I am worthy of love just because I exist.
Use the reframed belief as an affirmation and repeat it often.



21-day Self-Love Challenge

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