

LIMITING



BELIEFS

DISCOVER YOUR LIMITING BELIEFS ABOUT YOUR CAREER

Identify the areas of your Career-Job
where:

- you don't have what you want
- you feel you've tried everything but you didn't get the desired results

LIMITING BELIEFS

WHICH STORY ARE YOU TELLING YOURSELF?

For each area you've identified write the reasons, justifications you give yourself for not achieving that goal

LIMITING BELIEFS

WRITE IT DOWN

LOOKS FOR ITS ORIGIN

CALL INTO QUESTION

LIMITING BELIEFS

ASSESS THE CONSEQUENCES

REPLACE IT

TAKE ACTION
