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Embrace your true self – find the work you love

Transforming your Personal Belief System

Self-limiting beliefs are like magnets underneath the floorboards of our lives, you can't see them (unless you go looking for them), but they will keep us locked in place. -jb

- No matter how diligent your efforts, something is still missing.
- Regardless of how many people believe in your abilities and trust your judgment, more is needed.
- Even a sincere prayer can be wrapped in limitations, without this *barrier-buster* ingredient.

Reaching the levels of personal and professional success you desire will be an exhausting, lifetime, uphill battle, until you convince yourself of just one thing: that you do deserve better. (See John 10:10)

Whether for poverty or riches, abundance or scarcity, the *beliefs* you hold toward deservedness always triumph.

We've all come to accept certain *truths* about ourselves, (some good, some not so good). These *truths* or *beliefs* were likely passed down to us through experiences with our environment, peers and authority figures. Even the

most well meaning people, (teachers, family members & pastors) may have accidentally planted a seed that has sprouted into a belief that hinders instead of helps, weakens instead of strengthens, binds instead of frees.

This exercise gives you a wonderful opportunity to renew your mind, (Rom 12:2) by challenging some of the *self-limiting beliefs* that have crept into the subconscious mind and to replace them with a belief system that is in alignment with God's promises.

This worksheet is divided into three parts:

- 1.) A place for you to figuratively draw a line in the sand and identify some of the *self-limiting beliefs* that will no longer be a part of your life;
- 2.) Space where you can write out God's antidote;
- 3.) Plenty of room for you to intentionally and purposefully write out the new beliefs you are willing to embrace.

Part 1 – “I choose to no longer believe ...”

We gave you room to identify and challenge ten self-limiting beliefs that have held you back. You are not limited to ten. List as many as you can. If you are unable to identify ten at the moment, that's fine, start with what you know, you can always come back, if needed.

I. _____

II. _____

III. _____

IV. _____

V. _____

VI. _____

VII. _____

VIII. _____

IX. _____

X. _____

Part 2 - God's antidote – This is what the Word says about my self-limiting beliefs.

I. _____

II. _____

III. _____

IV. _____

V. _____

VI. _____

VII. _____

VIII. _____

IX. _____

X. _____

Part 3 – “I choose to now believe ...”

This is where you draw a line in the sand and consciously and purposefully establish new beliefs about your uniqueness and your potential.

Only two rules for your new beliefs: you have to be passionate about them; they have to follow the 3-P's (they have to be personal, positive, and present tense).

I. _____

II. _____

III. _____

IV. _____

V. _____

We purposefully limited the last part of the worksheet to five new belief statements, not to put a cap on your potential and creativity, but to help you stay focused on a few new core beliefs. Once they've become a part of your overall belief system, you are welcome to go back and add new empowering beliefs.

You are invited and encouraged to share parts of this exercise on our blog, <http://blog.4pointiscoaching.com>.

The number one way to renew your mind and transform your personal belief system is to take your new energy-filled declarations and immediately put them in play, by meditating on them and speaking them over your life.

There are many resources available on Biblical meditation. Amazon is a great place to begin your search. If you'd like our personal recommendations on meditation and prayer materials, just send us e-mail. Someone from our team will be happy to assist.