



# Coach 4 Life

A Step-by-Step

Workbook



9 Steps  
to  
Eliminating  
Limiting Beliefs

By Kirsten Long

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## Introduction

The most valuable work you can do is to discover how you are limiting yourself and then to release those limits. This process allows you to uncover more of your potential and move closer to a self-actualising state. Often the act of uncovering a limiting belief is enough to let it go. Sometimes you'll need to do more work. Follow these steps to uncover and eliminate a limiting belief that you are holding onto.

## STEP 1

Write down an area of your life where you feel you have failed or not performed as well as you would have liked. Describe the situation in detail.

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## STEP 2

Why did you experience the failure you spoke about in STEP 1? Write down the reasons by completing the following sentences. NOTE that in this exercise you must focus on your role in creating the failure. We are not concerned about external causes in this case.

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

I failed because I am \_\_\_\_\_

### STEP 3



Take a 5 minute break and do something that takes your mind off what you have written.

### STEP 4

Read your sentences slowly from STEP 2. Take note of what is happening inside of you. Circle the statement that causes you the greatest anguish or emotional reaction. Write that statement down here (leaving out "I failed because"):

**My most limiting belief:**



I am

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## STEP 5

**Spend a considerable amount of time on this step.** Go over your lifetime and write down any evidence you can find that proves the OPPOSITE of your limiting belief. This can be things you achieved, moments you were proud of, circumstances that worked well, praise from others and feedback from people or the world in general.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

## STEP 6

Read:

### **What the thinker thinks, the prover proves.**

There are two integral aspects of us that are concerned with limiting beliefs: The thinker merely thinks a thought. The prover sets out to collect all evidence that points to what the thinker is thinking.

Most often this occurs in our subconscious minds and we are not aware of it.

For most thoughts that occur in our conscious minds, you will find evidence in your life to support that statement and evidence that disproves that statement. Our subconscious mind focuses only on the kind of evidence that supports what you (the thinker) are repeatedly thinking.

For example: if your internal self-talk is often around “I am so stupid”, the subconscious mind focuses on evidence that supports this and ignores the rest.

In order to change this belief, your job is to consciously focus **ONLY** on evidence that disproves the belief. *You will find it.*

When you write this evidence down, as in STEP 5, and continually add to it, eventually your conscious and subconscious minds will meet and be congruent around disbelieving your limiting belief.

This may take some work, but the results are worth it.

## STEP 7

Read all your evidence that disproves your limiting belief.

Now write down an empowering belief that contradicts your limiting belief.

NOTE please use positive words and avoid the word “NOT”.

E.g. “I am stupid” can be turned into “I am not stupid” – BUT this is *not useful* because your minds will still hang onto the word “stupid”.

Rather say something like “I am bright” or “I am clever” or “I am intelligent”.

Choose something that sparks a positive emotional reaction inside of you.

**My empowering belief:**

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





## STEP 8

Become aware of your thoughts. Notice when you express your limiting belief to yourself.

Calmly say to yourself “That thought is not needed”.

Then consciously repeat your empowering belief to yourself 3 times and carry on with what you are doing.

Continue with this STEP for 3 – 6 months.

## STEP 9

At the end of each day jot down evidence that proves your empowering statement.

Focus on what you achieved, what you did successfully, on feedback from others and on your emotions. Keep adding to your evidence list for the next few months until the limiting belief has faded completely, and the empowering belief has become more automatic and natural.

## Conclusion

Well done. You are on a journey towards mastering your life. The more you understand yourself, the more work you do on releasing limiting beliefs, *the more magnificent a person you will be*. Enjoy!

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on mastering their lives visit  
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