



EXERCISE 10

BELIEF is the thermostat that regulates what you accomplish in life. We act on beliefs; Period. It *does not matter what happens* to you, what *matters is how you respond*. The **BELIEF SYSTEM** is the lens through which you view all of life's experiences. Your beliefs *color how you interpret* the circumstances you are in and the events happening around you. Because *your actions* are always a *byproduct* of your beliefs, it's important to make sure your beliefs are accurate.

Write down five **Erroneous Beliefs** that you currently hold.

1. _____

2. _____

3. _____

4. _____

5. _____



EXERCISE 10 (Cont'd.)

Write down five **Limiting Beliefs** that are holding you back.

1. _____

2. _____

3. _____

4. _____

5. _____

"Know that all the limiting beliefs from your family, your friends, your fears and the world will begin to come up once you start to take action. Move through them. This part of the process is where we begin to grow as individuals into who we were meant to be by challenging all of these limiting beliefs and fears."

– Maslin Kipp



List three **Recent Goals, A, B and C**, that you attempted to achieve but you considered a failure because you didn't attain them.

STEP 1 List three actions you took that ultimately did **NOT** lead to the achievement of your **GOAL**.

STEP 2 List as many beliefs as you can that you hold that led you take the corresponding actions that resulted in your **GOAL** not being attained.

Results are the BY-PRODUCT of Action →

Actions are the BY-PRODUCT of Belief →

unattained GOAL A

3 actions TAKEN → GOAL A

1.

2.

3.

Beliefs that STOPPED YOU → GOAL A

"You have the power in the present moment to change limiting beliefs and consciously plant the seeds for the future of your choosing. As you change your mind, you change your experience."

- Serge King

EXERCISE 10 (Cont'd.)

Process Breakdown: Identifying & Replacing *Limiting Beliefs*

STEP 1 List three actions you took that ultimately did *NOT* lead to the achievement of your **GOAL**.

STEP 2 List as many *beliefs* as you can that you hold that led you *take the corresponding actions* that resulted in your **GOAL** not being attained.

Beliefs that STOPPED YOU → GOAL B

3 actions TAKEN → GOAL B

unattained GOAL B

Results are the **BY-PRODUCT** of Action

Actions are the **BY-PRODUCT** of Belief

1.

2.

3.

“Do just once what others say you can’t do, and you will never pay attention to their limitations again.”
— James Cook

EXERCISE 10 (Cont'd.)

Identifying & Replacing *Limiting Beliefs*

STEP 1 List three actions you took that ultimately did *NOT* lead to the achievement of your **GOAL**.

STEP 2 List as many beliefs as you can that you hold that led you take the corresponding actions that resulted in your **GOAL** not being attained.

Beliefs that STOPPED YOU → GOAL C

3 actions TAKEN → GOAL C

unattained GOAL C

Actions are the BY-PRODUCT of Belief

Results are the BY-PRODUCT of Action

1.

2.

3.

“Give life to your dreams, give strength to your visions, and give light to your path.”
– Dr. Shad Helmstetter

