

WORKBOOK

Limiting Beliefs

www.mile1coaching.com



mb@mile1coaching.com

Written By MB Gustitus



WORKBOOK

Limiting Beliefs



Welcome to Mile One Coaching's comprehensive workbook on self-limiting beliefs. In this guide, we delve deep into the journey of self-discovery, equipping you with the tools needed to identify and overcome the unseen barriers that can hold you back. We'll navigate through the landscapes of adversity, explore the foundations of our beliefs, understand the consequences they bear, learn how to dispute these limiting notions, and finally, energize ourselves towards a path of limitless possibilities. This workbook is your roadmap to breaking free from the constraints of limiting beliefs and embracing a future filled with growth and potential. Let's embark on this transformative journey together!

HOW TO START

Breaking Free

Each task is designed to facilitate deep introspection and help you take progressive steps towards breaking free from your limiting beliefs.

Remember, the journey to overcome self-limiting beliefs is a marathon, not a sprint. Be patient with yourself and celebrate every small victory along the way. You are capable of achieving anything you set your mind to, and we're here to support you on this journey.

mb@mile1coaching.com

www.mile1coaching.com



TASK ONE

Adversity

This first task focuses on adversity. Adversity is a state of hardship or difficulty. It's important to remember that adversity isn't inherently negative—it can also be a catalyst for growth and transformation. The key lies in how we perceive and respond to adversity.

Here's what we'd like you to do:

1. Describe the terms of the adversity you are experiencing. This could be a situation, a personal challenge, or an external obstacle that you're currently facing. Be as specific as possible.
2. Reflect on how this adversity is influencing your beliefs and behaviors. How is it shaping your perception of yourself and your abilities?
3. Consider the evidence that supports your current beliefs about this adversity. Is this evidence objective or subjective? Is it outdated or unfounded?

This exercise will help you understand the nature of your adversity and the beliefs you've formed around it. It's the first step towards challenging those beliefs and finding new, empowering perspectives.

REMEMBER

This journey is all about taking small, consistent steps towards change. Take your time with this task, and be patient with yourself. We're here to support you every step of the way!

ADVERSITY

Worksheet

A series of horizontal dotted lines for writing, spanning the width of the page.

TASK TWO

Beliefs

Beliefs play a pivotal role in shaping our experiences. They can either propel us forward or hold us back. When facing adversity, it's often our beliefs that determine whether we see it as an insurmountable obstacle or an opportunity for growth.

Here's what we'd like you to do:

1. Brainstorm the possible beliefs that might be contributing to the adversity you identified in the last task. These could be beliefs about yourself, others, or the situation itself. Remember, these beliefs might not be immediately obvious, so take your time and dig deep.
 2. Reflect on what must be true for you to sustain the adversity. In other words, what beliefs are you holding onto that might be perpetuating this adversity? For example, if you're struggling with a fear of public speaking, you might be holding onto the belief that you're not articulate enough or that others will judge you harshly.
- This task aims to help you uncover the underlying beliefs fueling your adversity. By identifying these beliefs, you'll be better equipped to challenge them and explore new perspectives.

REMEMBER

Change is a process, not an event. Be patient with yourself and celebrate each small step forward. We're here to support you on this journey!

BELIEFS

Worksheet

A series of horizontal dotted lines provided for writing, starting from below the title and extending to the bottom of the page.

TASK THREE

Consequences

Understanding the impact of our beliefs is crucial to the process of change. Each belief, whether empowering or limiting, has consequences that ripple through our lives, influencing our thoughts, feelings, and actions.

Here's what we'd like you to do:

1. Reflect on the belief you identified in the last task. How has this belief influenced your thoughts, feelings, and actions?
2. Describe the consequences of holding onto this belief. Consider both immediate and long-term effects. How has it affected your relationships, career, personal growth, and overall well-being?

Now, imagine that you are able to travel 1, 5 and 10 years into the future. Imagine yourself, holding on to this belief, it is still holding you back only now it has gotten bigger and stronger. Look around at each point in time – notice the REAL consequences and costs of this belief. How has it affected your health, wealth, relationships and emotional state? What regrets do you have? What do you see that you wish you had changed? This one might hurt – lean in to it, feel it and be willing to sit with it. If it doesn't move you, it won't move you – got it?

This task aims to help you understand the cost of maintaining limiting beliefs. By recognizing the impact these beliefs have on your life, you can begin to see the importance of challenging and changing them.

REMEMBER

self-awareness is the first step towards transformation. Be patient with yourself during this process and celebrate every insight gained. We're here to support you on this journey!

CONSEQUENCES

Worksheet

A series of horizontal dotted lines for writing.

TASK FOUR

Dispute

Disputing involves challenging your limiting beliefs by providing evidence that contradicts them. This is a crucial step in reshaping your beliefs and adopting a more empowering mindset.

Here's what we'd like you to do:

1. Reflect on the belief you've been working with. Now, try to find evidence that this belief is not entirely true. This could be instances where you've acted contrary to the belief, situations that prove the belief wrong, or examples of others who have overcome similar beliefs.
2. Write down this evidence. Seeing the evidence can make it more real and help you start to question your limiting belief.

REMEMBER

Remember, the goal here isn't to criticize or judge yourself—it's to open up new possibilities and perspectives. Take your time with this task and approach it with curiosity and openness.

DISPUTE

Worksheet

Handwriting practice lines consisting of 18 horizontal dotted lines spaced evenly down the page.

TASK FIVE

Energize

The purpose of this task is to help you use the evidence you've gathered to transform your limiting beliefs into empowering ones and to inspire new, positive actions.

Here's what we'd like you to do:

1. Reflect on the evidence that disputes your limiting belief. Based on this evidence, what new, more empowering belief can you adopt?
2. Identify specific actions that align with your new belief. What will you start doing differently? How will this new belief change your approach to adversity?

REMEMBER

change isn't about rejecting who you were, but about growing into who you can be. It's about using every experience, even adversity, as a stepping stone towards becoming a better version of yourself.

ENERGIZE

Worksheet

A series of 18 horizontal dotted lines for writing.



NEED MORE INSIGHT & SUPPORT?



Get in touch with me either via my website or you can email
me: MB@mile1coaching.com