

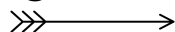
Limiting Beliefs → Liberating Truths

- What are things you believe that have held you back from a dream, idea or goal you have? These limiting beliefs could be beliefs about yourself, relationships or life.
- What would be the opposite of this belief? What is evidence against this limiting belief? This is your liberating truth.

Limiting Belief	Liberating Truth
<i>Example: "I can't do it."</i>	<i>"I can do anything I set my mind to."</i>

www.christypennison.com

Christy Pennison



BE INSPIRED