

## Breaking Through Self-Limiting Beliefs\*

Enter your self-limiting belief and then question it in writing using the following questions and turnarounds



Is that thought **true**? Yes No

Can you **absolutely** know that it's true? Yes No

How do you **react** when you think or believe that thought? What happens?  
(List out your thoughts, feelings, behaviors)

Who would you be **without** that thought? (...if it was impossible to think it.)

Turn it around to its **opposite**:

- 1.
- 2.
- 3.

*Based on "The Work" by Bryon Katie [www.TheWork.com](http://www.TheWork.com)*