



THE COACHING GROUP

# LIMITING BELIEFS

LIMITING BELIEFS ARE NEGATIVE CORE BELIEFS. THEY REPRESENT A SKEWED PERCEPTION OF THE WORLD, IMPACTING YOUR EMOTIONS AND ACTIONS IN A WAY THAT LIMITS YOU. LIKE YOUR OTHER CORE BELIEFS, THESE LIMITING BELIEFS ARE LIKE A LENS THROUGH WHICH YOU SEE LIFE.

Pick a limiting belief that you hold.

When does this limiting belief show itself?

What effect does this limiting belief have on you? In your relationship?

Think of three pieces of evidence that do not support this limiting belief.

