

## CHANGING LIMITING BELIEFS

STEP 1. NOTICING AND BECOMING AWARE OF NEGATIVE SELF TALK IS WHEN WE CAN START CHANGING IT. NEXT TIME YOU CATCH YOURSELF WITH THIS KIND OF THOUGHT PAY ATTENTION TO IT AND WHAT BROUGHT IT ABOUT. NOTICE HOW YOUR MIND IS GETTING INTO THIS MODE AND BE AWARE OF IT HAPPENING.

STEP 2. BY ACTIVELY NOTICING THESE UNHELPFUL THOUGHTS WE OPEN UP SPACE FOR NEW WAYS OF THINKING. IN THIS MOMENT OF NEGATIVE SELF TALK AND ONCE YOU'VE NOTICED IT SHIFT THE FOCUS ON TO SOMETHING YOU ARE GRATEFUL FOR - YOUR FRIENDS, JOB, YOUR RESILIENCE, DETERMINATION, WHATEVER YOU ARE GRATEFUL FOR IN YOUR LIFE.

STEP 3. NOW STAY WITH THIS NEW POSITIVE FOCUS IN YOUR MIND FOR AT LEAST 15 SECONDS, LET THE OLD PATTERN SLOWLY STAY BEHIND AND ALLOW THIS NEW MORE POSITIVE, AND GRATEFUL THOUGHT PATTERN ENTER YOUR CONSCIOUSNESS.

VERY SIMPLE AND EFFECTIVE TOOL, CAN BE DONE ANYWHERE ANYTIME!

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## SOME OTHER USEFUL PRACTICAL TOOLS TO CHANGE LIMITING BELIEFS:

1. MEDITATION - WHEN WE ALLOW OURSELVES TO STOP AND CONCENTRATE ON PRESENT MOMENT WE LET OUR BRAINS AND MIND REST FROM ALL THE STRESSFUL THOUGHTS AND BELIEFS AND START CREATING A TRUE CONNECTION TO OURSELVES
2. GRATITUDE JOURNAL - THIS IS ONE OF THE MOST EFFECTIVE AND BEST WAYS TO CHANGE NEGATIVE SELF TALK INTO POSITIVE, WRITE DOWN 3-5 THINGS YOU ARE GRATEFUL FOR EVERY SINGLE DAY AND START SEEING A REAL SHIFT IN YOUR LIFE
3. EXERCISE - YES THIS IS SOMETHING THAT REALLY CAN HELP, WHEN WE FEEL GOOD IN OUR BODIES WE FEEL GOOD IN OUR MINDS AND VICE VERSA, HEALTHY MIND, HEALTHY BODY - OLD SAYING AND IT'S VERY TRUE!

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