

Sten 1.

CONQUER LIMITING BELIEFS

Everyone suffers inaction from limiting beliefs....when we say or think, "I don't have enough money, time, talent [fill in the blank] to achieve that." Here is the scientifically proven technique to conquer and transform limiting beliefs.

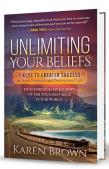
Sten 2.

Step 1:	In a distraction-free environment, write your answers below to this question: What is stopping me from achieving X? (X is the dream or goal you want to achieve. It may or may not have to do with your business). These are the limiting beliefs stopping you.		Step 2:	Starting with the first limiting belief, write the opposite unlimiting belief on the right side of the page. Do so with all of the limiting beliefs identified.
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Step 3: Take this with you everywhere you go. This creates new awareness of when you have or speak these limiting beliefs. When you catch yourself, stop what you are doing and say out loud the unlimiting version of the limiting belief.

> By doing this, you are creating a new thought pattern and telling your unconscious mind what you want. It will do exactly what you say, so be ready! The first few times, this will feel new, perhaps even contrived. It should because you are literally creating a new thought pattern. Stay with it, and each day will get easier and more comfortable.

Next Step: Do What It Takes (in the book, Unlimiting Your Beliefs, 7 Keys to Greater Success...)



*Note: Repeat this technique for limiting beliefs in any part of your life. This is not a one and done. As you grow and progress and achieve and pursue higher results, you will uncover new limiting beliefs. This is normal and simply repeat this easy process.