

5-STEPS TO BUST A LIMITING BELIEF



Choose one limiting belief and follow the five steps below to turn it around.

STEPS	EXAMPLE	MY VERSION
STEP 1: LIMITING BELIEF	I'm too busy to fit learning in to my life	
STEP 2: THE POWER OF YET	I haven't found ways to fit learning into my life yet	
STEP 3: MOVE TOWARDS ACTION	I am experimenting with how I fit learning into my life	
STEP 4: RECOGNISING LEARNING	I have found ways to fit learning into my life	
STEP 5: INTEGRATED HABIT	Learning is part of my life	