

4 Phases of Overcoming Limiting Beliefs.

Phase 1: Discovery (Catch the Belief)

- Identify the "Wall": Pinpoint the exact area where you feel stuck.
- Audit Your Language: Listen for "Absolute" words like *always*, *never*, *can't*, or *should*.
- Trace the Origin: Ask, "When is the first time I remember feeling this way?"
- Name the Cost: List what this belief has cost you in the last year.

Phase 2: Evidence Audit (Challenge the Truth)

- Facts vs. Feelings: Is there 100% objective proof that this is true in every situation?
- The Counter-Evidence: Find three times when the opposite was true. Even in a small way.
- The Friend Test: Would you say this to a friend? If not, why say it to yourself?
- Secondary Gain: Identify how this belief has been trying to keep you "safe."

Phase 3: Rewriting (New Perspective)

- The Bridge Belief: Move from "I can't" to "I am learning how to..."
- Personalize the Outcome: How would your day-to-day life look with this new belief?
- The Anchor: Keep a physical reminder of your new perspective. This could be a calm image (like a garden or a steady horizon) or a simple note on your desk.

Phase 4: Integration (Take Action)

- The Micro-Action: Perform one tiny task as if the limiting belief didn't exist.
- The Gratitude Pivot: Document one win each evening.
- Boundary Check: Say "no" to one thing that reinforces the old mindset.

Tip: Remember that growth isn't a straight line. Some days the old beliefs will be louder than others; the goal isn't to be perfect, but to stay curious.