

Identifying Limiting Beliefs

When you sense that your clients doubt themselves and the future actualization of their desired goals and experiences, it's helpful to detect where this doubt stems from - what is the limiting belief that holds your clients from fully trusting and pursuing their vision with all their heart?

Step 1: Get two copies of this exercise for you and your client

Step 2: Ask your client to focus their mind on the goal or the desired experience as they say the following sentences out loud. As they do, you both rate each statement from 1 to 10 for how much the client believes the statement.

1. I deserve to achieve [client's goal]

1 2 3 4 5 6 7 8 9 10

2. I have the skills, strengths, and abilities to achieve [client's goal]

1 2 3 4 5 6 7 8 9 10

3. It is possible to achieve [client's goal]

1 2 3 4 5 6 7 8 9 10

4. [client's goal] is clear to me

1 2 3 4 5 6 7 8 9 10

5. [client's goal] is aligned with all my other desires and aspirations

1 2 3 4 5 6 7 8 9 10

6. [client's goal] is worthwhile

1 2 3 4 5 6 7 8 9 10

***Created by Joseph O'Connor & Andrea Lages**