

## NEW EARTH VISION SUMMITS

### Limiting Beliefs & Empowering Truths Worksheet

Here is a worksheet that you can use to explore additional limiting beliefs and create your Empowering Truth Statements.

Please let me know if you have any questions as you work through these.

Once you have this page completed, you'll want to:

1. For the first 2 days after completing it, read through the full sheet, one time each day, really feeling the sense of thanking & releasing the belief.
2. Starting on the 3<sup>rd</sup> day, ONLY use the Empowering Truths, by either programming them to pop up in your phone throughout the day, or writing them on a nice sheet of paper and reading them every day.

Through the repetition you'll be able to truly release the limiting beliefs and allow the Empowering Truths to take root in your subconscious mind.

#### Limiting Belief #1:

\*\* Recognize that this is a lie & an illusion. \*\*

Where did it come from?

How did this help you / keep you safe?

\*\* Say THANK YOU, I no longer need this kind of help, and I release you. \*\*

#### *Empowering Truth:*

#### Limiting Belief #2:

\*\* Recognize that this is a lie & an illusion. \*\*

Where did it come from?

How did this help you / keep you safe?

\*\* Say THANK YOU, I no longer need this kind of help, and I release you. \*\*

***Empowering Truth:***

**Limiting Belief #3:**

\*\* Recognize that this is a lie & an illusion. \*\*

Where did it come from?

How did this help you / keep you safe?

\*\* Say THANK YOU, I no longer need this kind of help, and I release you. \*\*

***Empowering Truth:***

**Limiting Belief #3:**

\*\* Recognize that this is a lie & an illusion. \*\*

Where did it come from?

How did this help you / keep you safe?

\*\* Say THANK YOU, I no longer need this kind of help, and I release you. \*\*

***Empowering Truth:***

**Limiting Belief #3:**

\*\* Recognize that this is a lie & an illusion. \*\*

Where did it come from?

How did this help you / keep you safe?

\*\* Say THANK YOU, I no longer need this kind of help, and I release you. \*\*

***Empowering Truth:***