

LIMITING BELIEF DEMOLITION

Put your most expensive beliefs on trial – and rebuild the case.

Some scarcity isn't a mindset problem; it's a trauma response. Examine the evidence before you let it run your business.

Identify Your Limiting Beliefs

Money

- There's never enough
- Charging more makes me greedy
- Money is hard to keep
- Wanting money is wrong

Worth

- I have to earn my rest
- My value equals my output
- I'm replaceable
- I'm not expert enough yet

Limits

- Boundaries lose clients
- Saying no is selfish
- If I slow down, it all falls apart
- Good people are always available

Success

- Success requires burnout
- If it's easy, it's not valuable
- I'll be exposed as a fraud
- Someone else's success is my failure

The Courtroom — Belief 1

Name it – the belief, stated plainly.

Examine the evidence – why does part of you believe it's true?

Cross-examine – where is the evidence weak, outdated, or borrowed from someone else?

Demolish – state the verdict: this belief is...

Build the new case – the truer belief, and the evidence for it.

The Courtroom — Belief 2

Name it.

Examine the evidence.

Cross-examine.

Demolish – the verdict.

Build the new case.

The Courtroom — Belief 3

Name it.

Examine the evidence.

Cross-examine.

Demolish – the verdict.

Build the new case.

Integration

Which belief has cost you the most money?

Which one will you actively interrupt this week, and how?
