The 5-Minute Belief Change Guide

By Nir Eyal

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IMPORTANT NOTE

This guide is designed to work alongside the book ***Beyond Belief*: *The Science-Backed Way to Stop Limiting Yourself and Achieve Breakthrough Results*.**

While this guide gives you a short practice system, the book provides:

- The full research and evidence behind why these methods work
- Deeper exploration of the Three Powers of Belief framework
- Extended case studies and examples
- Comprehensive understanding of belief formation and change

For the complete methodology and science, get the book at: geni.us/beyondbelief

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Welcome to the 5-Minute Belief Change Guide

Most people go through life unaware of the beliefs running in the background, shaping every decision, filtering every possibility, determining every outcome. It's like having an operating system on your computer that you never see, but that controls everything the computer can and cannot do.

When you open your computer, you don't see the operating system making thousands of decisions per second. You don't watch it decide which programs to run, which files to access, or what actions are permitted. But it's there, running invisibly, determining everything that's possible on that machine.

Your beliefs work in a very similar way. They're the invisible code running in the background, making split-second decisions about what you'll notice, what you'll try, what you'll avoid, what's “for people like you,” and what isn’t.

The difference is that your computer’s OS was installed by engineers who carefully designed each function. Your belief system, on the other hand, is installed mainly by accident. That is, it is determined by a confluence of childhood experiences, offhand comments from authority figures, past failures you over-interpreted, and cultural messages you absorbed without questioning.

Throughout this guide, you'll encounter two terms:

Limiting belief: A firmly held opinion that *saps* motivation to persist on an important goal. Examples: "I'm not good at presentations." "I hate difficult conversations." "I procrastinate on important work."

Liberating belief: A firmly held opinion that *sustains* motivation to persist on an important goal. Examples: "I can deliver valuable insights in presentations, even when nervous." "I can navigate difficult conversations and find a resolution." "I can take action on important work, even in small increments."

Just like an outdated operating system, limiting beliefs can constrain what you can achieve. The guide shows you 32 limiting beliefs that might be quietly running your life across 8 domains and the liberating alternatives that could replace them.

The 8 Domains

This guide covers limiting beliefs across eight key areas of life:

🎯 **Career & Work** - Beliefs about your qualifications, leadership ability, and whether speaking up will backfire

💬 **Relationships & Connection** - Beliefs about difficult conversations, vulnerability, boundaries, and how you see others

💪 **Health & Body** - Beliefs about discipline, aging, your body's capacity for change, and whether it's “too late’

✨ **Creativity & Expression** - Beliefs about originality, perfectionism, sharing your work, and whether you're "creative enough"

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📚 **Learning & Growth** - Beliefs about your age, natural ability, mistakes, and whether change is even possible for you

💰 **Money & Abundance** - Beliefs about your worth, financial capability, and whether money should matter at all

🌟 **Confidence & Self-Worth** - Beliefs about impostor syndrome, comparison, and whether you have to earn your value

🌍 **Impact & Contribution** - Beliefs about whether you're qualified to help, whether small contributions count, and what "making a difference" requires

Each domain has four common limiting beliefs and their liberating alternatives. Start with whichever domain feels most relevant to what you're facing today.

The 5-Minute Morning Practice

Here's how to use this guide each morning:

1. Scan today's most relevant domain

Which area of life feels most challenging right now? Career? Relationships? Health? Start there.

2. Notice which limiting belief feels active

Which belief on that page resonates? Which one feels uncomfortably true today?

3. Read the liberating alternative

Don't force yourself to believe it. Just read it. Let it exist as a possibility.

4. Ask yourself one question

“What would I do today if I believed this instead?”

(Not "what would I do eventually" or "what would I do if everything were perfect." What would you do *today* in the next 8 hours?)

5. Take one small action

Do that thing. Even if you don't fully believe the liberating belief yet. That's it.

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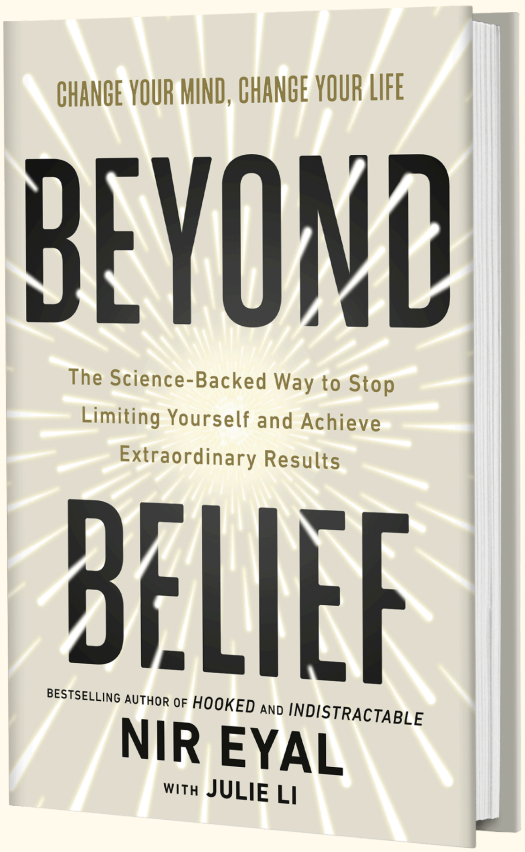
📖 GO DEEPER & GET YOUR COPY OF BEYOND BELIEF

This guide shows you what liberating beliefs look like. But seeing alternatives isn't the same as changing what you believe.

Beliefs change through **systematic evidence gathering**—taking small actions that prove the new belief and disprove the old one.

The full methodology for actually transforming beliefs is in ***Beyond Belief: The Science-Backed Way to Stop Limiting Yourself and Achieve Breakthrough Results***.

Get it at geni.us/beyondbelief



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🎯 CAREER & WORK

Your career beliefs don't just affect what jobs you apply for. They shape what you notice (opportunities vs. threats), what you expect (success vs. failure), and what you do (take risks vs. play safe).

The limiting beliefs in this domain often sound “sensible”: “Be realistic.” “Don't get ahead of yourself.” “Stay in your lane.”

But these “sensible” beliefs quietly cost you promotions you don't pursue, ideas you don't share, and leadership opportunities you don't claim.

Most high-achievers in this domain struggle with the same core belief: “I'm not as good as people think I am.” This manifests as waiting to be "ready" before applying, over-preparing for everything, or attributing success to luck rather than skill.

Here are four most common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
I'm not qualified for bigger roles	I can grow into bigger roles by gathering evidence of my capability
I'm not a natural leader	Leadership is a skill I develop through practice, not an inherent trait
Speaking up in meetings will make me look stupid	Speaking up, even imperfectly, builds my credibility and confidence over time
I always procrastinate on the most important work	I can take action on important work in small increments, even when it feels uncomfortable

💡 YOUR TURN

Step 1: What's the career and work-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

✍️My most common limiting belief about career and work: *[Add your answer here]*

Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

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✍️My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- Send one email for that stretch role
- Speak for 30 seconds in today's meeting
- Work on the priority project for 10 minutes before checking email
- Share one idea, even if it's half-formed

✍️I will *[Add your action here]*

Step 4: Tonight, document what happened. Did the outcome match what your limiting belief predicted?

✍️ Today, I noticed: *[Document what happened here]*

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📖 GO DEEPER in Beyond Belief: The Third Power (Agency)—your ability to take action rather than be acted upon—is essential for career advancement. Chapter 8 explores how to build agency even when circumstances feel impossible. For the complete science of why some people persist while others quit, see Chapters 8-10 in *Beyond Belief*.

Get the book at geni.us/beyondbelief

❤️ RELATIONSHIPS

Your relationship beliefs determine not just who you connect with, but how you see them and how you show up. They shape whether you give people the benefit of the doubt or assume the worst, whether you address issues directly or avoid them, and whether you're curious about differences or threatened by them.

The limiting beliefs in this domain fall into two categories: beliefs about your own worth in relationships ("If I'm not perfect, I'm not lovable") and beliefs about others' intentions ("People are fundamentally selfish" or "Everyone will disappoint you eventually"). Both types quietly cost you connection, trust, and relationships where you actually feel seen.

Most people in this domain struggle with one of two core patterns: either over-protecting themselves from hurt by keeping people at arm's length, or over-judging others to maintain a sense of control.

Here are four common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
I can't handle difficult conversations without everything falling apart	I can navigate difficult conversations and often find resolution when I address issues directly
Asking for help makes me a burden	Asking for help deepens connection and lets others contribute to my life
If I set boundaries, people will think I'm selfish	Setting clear boundaries creates healthier relationships built on mutual respect
People who disagree with me are wrong (or bad)	Different perspectives can coexist, and curiosity about disagreement often reveals something I'm missing

💡 YOUR TURN

Step 1: What's the relationship-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

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✍️My most common limiting belief about relationships: *[Add your answer here]*

Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

✍️My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- Address one small issue instead of letting it build
- Ask one person for specific help with something
- State one preference clearly instead of defaulting to "whatever you want"
- Share one honest feeling, even if your voice shakes

✍️I will *[Add your action here]*

Step 4: Tonight, document what happened. Did the person react the way your limiting belief predicted?

✍️ Today, I noticed: *[Document what happened here]*

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📖 GO DEEPER in Beyond Belief: Chapter 3 ("The Secret to Better Relationships") is entirely dedicated to transforming relationship beliefs. You'll learn Byron Katie's complete Turnaround method and how to build a "portfolio of perspectives" that gives you freedom in how you interpret others' behavior.

Get the book at geni.us/beyondbelief

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💪 HEALTH & BODY

Your beliefs about health and your body shape not just what you do (exercise, rest, eat), but how you interpret your body's signals, what you expect from aging, and whether you see physical capability as fixed or improvable.

The limiting beliefs in this domain often sound like acceptance: "This is just how my body is." "Everyone in my family has this issue." "It's all downhill after 40." But these beliefs aren't neutral observations. They're decisions to stop experimenting with what might actually improve your health, energy, or physical capability.

Research by Becca Levy at Yale found that people with positive beliefs about aging lived an average of 7.5 years longer than those with negative beliefs about aging—even after controlling for baseline health, socioeconomic status, and other factors. Your beliefs about your body and aging aren't just mental states. They have measurable physiological effects.

Most people in this domain struggle with one of two patterns: either believing their body's current state is permanent and unchangeable, or holding all-or-nothing standards that make sustainable habits impossible.

Here are four common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
My body is just this way because of my genes. Nothing I do will change it	Small, consistent changes in how I move, eat, and rest compound over time into measurable improvements
Aging means inevitable decline	How I age is significantly influenced by my beliefs about aging, not just biology
I've already damaged my health. It's too late to make a difference	My body responds to positive changes at any age, and starting now is always better than waiting
I don't have the discipline for regular exercise	I can build consistent movement habits by starting with something smaller than feels meaningful and adding gradually

💡 YOUR TURN

Step 1: What's the health and body-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

✍️My most common limiting belief about health/body: *[Add your answer here]*

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Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

✍My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- Move your body for 5 minutes, in any way that feels good
- Notice one thing your body does well today (healing, breathing, moving)
- Try one small change to sleep, food, or movement and track how you feel
- Research one person who significantly improved their health at your age or older

✍I will *[Add your action here]*

Step 4: Tonight, document what happened. Did your body respond the way your limiting belief predicted?

✍ Today, I noticed: *[Document what happened here]*

📖 GO DEEPER in Beyond Belief: Chapter 7(“Living Longer, Stronger, Smarter”) reveals the research on how beliefs about aging can extend your life by 7.5 years—and how anticipation (the

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Second Power) shapes your actual physiology. For the complete science of how beliefs become biology, see Chapters 5-7.

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🎨 CREATIVTY & EXPRESSION

Creativity isn't just for artists. It's for anyone who builds, writes, designs, presents, or puts their thinking into the world.

Your beliefs about creativity and expression don't just affect whether you make art. They shape whether you share ideas at work, post on social media, start projects, or let anyone see what you've made.

The limiting beliefs in this domain often sound protective: "Don't share until it's perfect." "Who am I to put myself out there?" "Real artists don't struggle like this." But these protective beliefs quietly cost you the work you never start, the ideas you never share, and the feedback that would actually make you better.

Most people in this domain struggle with one of two patterns: perfectionism that prevents starting or finishing, or comparison that makes everything you create feel inadequate. Both stem from the belief: “My work is a referendum on my worth.”

Here are four common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
I need to be original or there's no point in creating	My unique perspective and experiences make my work valuable, even when exploring familiar themes
I can't share my work until it's perfect	Sharing imperfect work is how I learn, improve, and find the people my work resonates with
Real creatives don't struggle this much—I must not be talented	Struggle and uncertainty are part of the creative process, not evidence I'm doing it wrong
Everyone else is already doing this better than me	Comparison shows me what's possible, but my work serves people at different stages with different needs

💡 YOUR TURN

Step 1: What's the creativity and expression-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

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✍️My most common limiting belief about creativity/expression: *[Add your answer here]*

Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

✍️My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- Work on your project for 15 minutes without judging the output
- Share one piece of work before you think it's "ready"
- Start something new without researching if it's been done before
- Post one idea publicly, even if it's not fully formed

✍️I will *[Add your action here]*

Step 4: Tonight, document what happened. Did sharing/creating lead to the outcome your limiting belief predicted?

✍️ Today, I noticed: *[Document what happened here]*

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📖 GO DEEPER in Beyond Belief: The First Power (Attention) determines what creative possibilities you can even see. Chapter 2 ("Why Believing Is Seeing") explains how beliefs filter perception and why you might be missing opportunities right in front of you. For the neuroscience of attention and perception, see Chapters 2-4.

Get the book at geni.us/beyondbelief

🌱 LEARNING & GROWTH

Your beliefs about learning and growth determine whether you see challenges as threats to avoid or opportunities to expand. They shape whether you try new things, how you respond to mistakes, and whether you believe change is even possible for you.

The limiting beliefs in this domain often sound like self-awareness: "I'm just not a math person." "I'm too old to start over." "I don't have the brain for languages." But these beliefs aren't descriptions of reality. They're decisions to stop gathering evidence that might contradict them.

Most people in this domain struggle with one of two patterns: either believing intelligence and ability are fixed traits you're born with, or believing there's a window of opportunity that has already closed for them. Both stem from the same core belief: "Who I am now is who I'll always be."

Here are four common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
I'm too old to learn this now	Age brings experience and context that can accelerate learning in ways youth can't
I'm just not naturally good at technical/creative/analytical things	Skills develop through practice and good instruction, not through innate talent alone
Making mistakes means I'm doing it wrong	Making mistakes is how I identify what I don't yet understand. It's data, not failure
It's too late to change careers/directions at this stage of life	People successfully change directions at every age. My accumulated experience is an asset, not a liability

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💡 YOUR TURN

Step 1: What's the learning and growth-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

✍️My most common limiting belief about learning/growth: *[Add your answer here]*

Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

✍️My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- Spend 15 minutes learning something you've told yourself you're "not good at"
- Make one mistake intentionally to practice treating it as data
- Research one person who made a major change at your age or older
- Ask for help with something you usually avoid because it's "not your strength

✍️I will *[Add your action here]*

Step 4: Tonight, document what happened. Did your attempt to learn produce the outcome your limiting belief predicted?

✍️ Today, I noticed: *[Document what happened here]*

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📖 GO DEEPER in Beyond Belief: Chapter 10 ("Your Labels Are Your Limits") explores how beliefs about intelligence, age, and natural ability become self-fulfilling prophecies. You'll learn why "I'm just not good at X" creates the very limitations you fear and how to choose beliefs that support growth instead.

Get the book at geni.us/beyondbelief

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💰 MONEY & ABUNDANCE

Your beliefs about money shape not just how much you earn or save, but whether money controls you or serves you. Money beliefs are often the most invisible—formed in childhood, inherited from family patterns, and rarely examined in adulthood.

The limiting beliefs in this domain fall into two opposing extremes: either making money the sole measure of success and self-worth, or avoiding money entirely by pretending it doesn't matter. One pattern leads to workaholism, status anxiety, and never feeling "enough" no matter what you earn. The other leads to underearning, financial stress, and avoiding conversations that could improve your situation.

Most people in this domain struggle with one of two core patterns: either "My worth equals my net worth" (tying identity entirely to financial success), or "Money is corrupting and shouldn't matter" (avoiding financial responsibility under the guise of being above materialism). Both extremes create suffering—one through obsession, the other through avoidance.

Here are four common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
My worth is determined by how much money I make	Money is one tool for creating the life I want, but not a measure of my inherent value
Caring about money makes me shallow or greedy	Money is a neutral tool. Caring about it responsibly lets me support myself, others, and what matters to me
I need to make [X amount] by [age] or I've failed	Financial success follows many different timelines. My path doesn't need to match arbitrary external benchmarks
I'm just not good with money	Money management is a learnable skill I can develop through practice, education, and asking for help

💡 YOUR TURN

Step 1: What's the money-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

✍️My most common limiting belief about money: *[Add your answer here]*

Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

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✍️My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- If you obsess over money: identify one non-financial measure of success you care about
- If you avoid money: have one conversation about finances you've been avoiding
- If you tie worth to net worth: list three things that make you valuable beyond income
- If you're "bad with money": spend 15 minutes learning one financial concept

✍️I will *[Add your action here]*

Step 4: Tonight, document what happened. Did your relationship with money shift, even slightly?

✍️ Today, I noticed: *[Document what happened here]*

📖 GO DEEPER in Beyond Belief: Chapter 5 ("You Already Live in a Simulation") explores how beliefs shape what you value and perceive as possible—including financial opportunities. You'll

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learn why your brain's "price prediction" system can be reprogrammed to see abundance where others see scarcity.

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🌟 CONFIDENCE & SELF-WORTH

Your beliefs about your fundamental worth and capability affect everything else. They're the operating system beneath the operating system—shaping whether you believe you deserve good things, whether you trust your judgment, and whether you see yourself as fundamentally adequate or fundamentally flawed.

The limiting beliefs in this domain are often the hardest to spot because they feel like self-awareness rather than distortion. "I'm not naturally confident" sounds like an observation. "Everyone else seems more together than me" feels like a fact. But these beliefs aren't objective truths—they're interpretations that filter out contradictory evidence.

Most people in this domain struggle with one of two patterns: either tying their worth entirely to external achievement (leading to chronic striving and impostor syndrome), or assuming others are inherently more capable/worthy/together (leading to chronic comparison and feeling like you're faking it). Both stem from the same core belief: "I'm not inherently enough. I have to earn my worth."

Here are four common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
I'm a fraud. People just haven't figured it out yet	Feeling uncertain doesn't mean I'm unqualified—it means I'm still learning and growing
Everyone else seems to have it figured out	Everyone struggles and doubts themselves—confidence often looks like certainty from the outside but rarely feels that way on the inside
I'm only valuable when I'm achieving/helping/performing	My worth isn't conditional on productivity—I have inherent value regardless of what I accomplish
If I were really capable, this wouldn't be so hard for me	Difficulty is part of doing meaningful work, not evidence I'm doing it wrong or lack ability

💡 YOUR TURN

Step 1: What's the confidence-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

✍️My most common limiting belief about worth/capability: *[Add your answer here]*

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Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

✍My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- Share one uncertainty or struggle instead of projecting confidence you don't feel
- Stop one comparison scroll through social media and list three things you're genuinely proud of
- Do something restful without "earning" it through productivity
- Notice one moment when something was hard but you did it anyway

✍I will *[Add your action here]*

Step 4: Tonight, document what happened. Did acknowledging uncertainty or imperfection lead to the outcome your limiting belief predicted?

✍ Today, I noticed: *[Document what happened here]*

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📖 GO DEEPER in Beyond Belief: Chapter 1 ("Beliefs Are Tools, Not Truths") lays the foundation for understanding how limiting beliefs about your worth were formed—and how to replace them with liberating alternatives. You'll learn the complete Motivation Triangle framework and why belief matters more than strategy.

Get the book at geni.us/beyondbelief

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🌍 IMPACT & CONTRIBUTION

Your beliefs about making a difference determine not just whether you pursue ambitious goals, but whether you share what you know, help when you can, or even believe your contributions matter at all. Impact isn't reserved for people with platforms, credentials, or authority. But sometimes limiting beliefs make it feel that way.

The limiting beliefs in this domain often sound like humility: “Who am I to help with this?” “My work doesn't really matter in the big picture.” “I need more experience before I can contribute meaningfully.” But these aren't humble observations. They're beliefs that keep you waiting for permission that will never come and discounting contributions that actually matter.

Most people in this domain struggle with one of two patterns: either believing they need massive scale, credentials, or authority before their work "counts" (leading to waiting indefinitely), or systematically discounting the impact they're already having (leading to burnout from feeling nothing matters).

Here are four common limiting beliefs and their liberating alternatives:

❌ LIMITING	✅LIBERATING
Who am I to teach/lead/help with this?	I don't need to be the world's expert. I just need to know more than the person I'm helping, or see what they can't see yet
My contribution is too small to matter	Small, consistent contributions compound over time and ripple outward in ways I can't always track or measure
I need more credentials/experience/authority before I can make a real difference	I can contribute meaningfully right now with what I know and who I am—credentials follow contribution, not the other way around
Making an impact requires sacrificing everything else	Sustainable impact comes from consistency over decades, not burnout in pursuit of visible results

💡 YOUR TURN

Step 1: What's the impact and contribution-related limiting belief that shows up most often for you? (It might be one from above, or something else entirely.)

✍️My most common limiting belief about impact/contribution: *[Add your answer here]*

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Step 2: Construct its liberating alternative. Ask yourself: “What would I do today if I believed this instead?”

✍️My liberating belief alternative is: *[Add your liberating belief here]*

Step 3: Take one small action based on that liberating belief:

- Help one person with something you're good at, without waiting to be "expert enough"
- Share one thing you've learned, even if it feels small or obvious
- Take one action toward your larger goal without needing to see the full path
- Acknowledge one contribution you made this week that you've been discounting

✍️I will *[Add your action here]*

Step 4: Tonight, document what happened. Did contributing in a small way produce the outcome your limiting belief predicted?

✍️ Today, I noticed: *[Document what happened here]*

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📖 GO DEEPER in Beyond Belief: Chapter 4 ("How to See Opportunities Others Miss") tells the story of Anne Mahlum, who went from seeing homeless men as invisible to building two movements that transformed thousands of lives. You'll learn how to train entrepreneurial alertness and spot opportunities to make a difference that others miss.

Get the book at geni.us/beyondbelief

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👇 It’s Your Turn Now

You've just seen 32 beliefs across 8 domains. You understand what limiting beliefs look like and what liberating alternatives could replace them.

Now comes the part that actually matters: **turning awareness into change.**

This page gives you a simple system to practice daily and track your shifts over the next 30 days.

⏳Your 5-Minute Morning Practice

Every morning, before your day gets chaotic:

1. IDENTIFY - Which limiting belief feels most active today? Scan the domain most relevant to what you're facing. Which belief on that page resonates uncomfortably?

2. FLIP - What's the liberating alternative? Read it. Don't force yourself to believe it yet. Just let it exist as a possibility.

3. IMAGINE - What would you do today if you believed this? Not "eventually" or "if everything were perfect." What would you do in the next 8 hours?

4. ACT - Take ONE small action based on that belief. Send the email. Speak for 30 seconds. Work for 10 minutes. Share the thing.

5. DOCUMENT - Tonight, note what happened. Did the outcome match what your limiting belief predicted? Or did something else happen?

Weekly Check-In

Once a week (Sunday works well), ask yourself:

1. Which limiting belief showed up most often this week? Is there a pattern across domains? One belief that keeps returning?

2. What evidence did I gather that contradicts it? List specific moments. "I spoke in the meeting and three people engaged." "I shared imperfect work and got useful feedback."

3. What will I do next week to gather more evidence? Plan one small action that will test the liberating belief again.

4. How strongly do I believe the limiting belief now vs. 7 days ago? Rate it 1-10. Even a half-point drop is progress.

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📖 Ready to Go Deeper?

You now have a roadmap showing 32 limiting beliefs and their liberating alternatives. You have a daily practice to shift your awareness.

But awareness alone won't transform beliefs.

Beliefs change through one thing: systematic evidence gathering that contradicts the old story and proves a new one.

This roadmap shows you the destination. **Beyond Belief** gives you the complete methodology for the journey:

✓ **The neuroscience** of how beliefs shape what you see, feel, and do

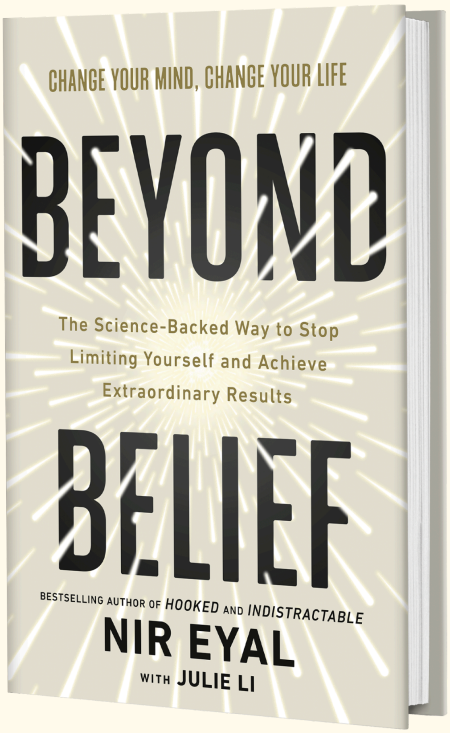
✓ **The Three Powers framework** (Attention, Anticipation, Agency) that explains why beliefs are so powerful

✓ **Research-backed methods** that work (and why positive thinking, manifestation, and affirmations don't)

✓ **Case studies** of people who've transformed deep-rooted limiting beliefs

✓ **Tools for difficult beliefs** tied to trauma, identity, or lifelong patterns

Get **Beyond Belief** at geni.us/beyondbelief



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