Instructions:												
Identify: Write down a lir	niting belief in	the first col	umn.									
Challenge: In the second column, question whether this belief is truly valid.												
Evidence: List any evidence that contradicts the belief in the third column.												
Reframe: Rewrite the be	Reframe: Rewrite the belief in a positive, empowering way.											
Affirm: Create a daily affirmation based on the reframed belief and write it in the fifth column.												
Visualize: Practice a visualization related to your new belief and note the action in the sixth column. Track your progress in the final column.												

Limiting Beliefs Transformation	n Marin'	net:											
			Bulan - Bulan	Pub AP	Manufley	Date Co.							
Limiting Belief Example: "I'm not worthy of success."	ns It True? No	Evidence Against it I have achieved success in the past.	Reframed Bellef "I am worthy of all the success I desire."	Daily Affirmation Tam deserving of all good things."	Visualization Action Visualize achieving a goal with ease.	Date							







