

Limiting Beliefs Reframe Sheet

Transforming Limiting Beliefs into Empowering Thoughts



Understanding Limiting Beliefs

Limiting beliefs are thoughts that hold us back or make us doubt ourselves. They are often learned from past experiences, not facts. Remember: *“Thoughts are not always truths.”*

Identify the Belief

Prompts:

- *What is a belief that is holding me back?*
- *When does this belief usually show up?*

Evidence Check

Supporting Evidence

- *What evidence supports this belief?*

Contradictory Evidence

- *What evidence does NOT support this belief?*

Reframe the Thought

| Old Limiting Belief | New Balanced Belief |
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Create Empowering Statements

Fill in the blanks to create empowering statements:

- *A more helpful way to think is...*
- *I am capable of...*
- *Even if I struggle, I can...*

Action Step

Prompt:

- *One small action I can take despite this belief is...*

Reflection

Prompts:

- *How does this new belief feel?*

- *What might change if I continue practicing this?*