

Belief Busting Log

What self-limiting belief do you hold about money?	
How did this belief arise?	
What do you do to reinforce this belief?	
Describe the opposite, positive belief and put it in the present tense, e.g. I am completely in control of my money.	
How would you feel if you had this new positive belief?	
How would you change your behaviour to reinforce this positive belief?	
What actions can you commit to now to support the new positive belief?	