



Understand Your Limiting Beliefs and Super Powers

Our beliefs determine our actions and our success. Whatever you believe will be true. A limiting belief system or “no way” mentality is disempowering and can create fear, anger, frustration, or resentment. A growth or “what if” mindset, on the other hand, is empowering and creates love, gratitude, acceptance, and optimism. What can you let go of to move from a fixed mindset to a growth mindset? In order to see really good results, keep flipping the perspective.

In the chart provided, write down what you think is limiting your ability to become healthier in the left column. In the right column, list the opposite — what things will help you get on track and squash your negative self-talk? In other words, what things are preventing you from taking that first step? I’ve provided some examples to get you started.

No way (*limiting beliefs*)

No time

So tired

Too old

Hate gyms

What if? (*empowering*)

Find 5 minutes

How can I add movement into my current schedule?

Take the stairs, park further away, etc.

Invite a friend to join in

The world is your playground.

All I need is right outside my door or in my own living space.

No way (*limiting beliefs*)

What if? (*empowering*)
