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# BELIEF DISCOVERY FORMULA

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**A 5-Step Process To Reveal Your Limiting Beliefs**



**WOMAN TO WOMAN EMPOWERMENT**  
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## 5 Simple Steps to Reveal Your Limiting Beliefs

**Step 1** - Make a list of three things you have wanted to do or accomplish, like goals or projects, in the last 3 – 5 years.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 2** - For each item above, list what you feel you need to do or have (action steps, time, money, etc.) in order to accomplish each one.

Item 1:

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Item 2:

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Item 3:

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**Step 3** - Now, write down all the reasons why you have not been able to accomplish each of the three things in Step 1.

1:

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2:

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3:

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**Step 4** - Compare Step 2 answers with Step 3 answers.

(**Hint:** As you compare the two, see how the lists are similar or different. Write down any clarity or realization that might come to mind. Also, if you happen to sense any self-judgement, it's an indication of a hidden, limiting belief; either adopted or learned.)





**Step 5** - Look at the list in Step 3 and consider what is a belief and what is an excuse\*. If you see any excuses, dig deeper for what lies behind them – that is where the true reason for not getting your three things done is hidden.

Try this prompt if you need one:

“I use this excuse to avoid \_\_\_\_\_”

Or, “If I do this thing, I’m worried that \_\_\_\_\_”

**\*Example of an excuse is:**

“I have too much going on to do this right now.” Or “I’ll start tomorrow and really dedicate myself then.”

**Example of a belief is:**

“I don’t think I know enough to do this right.” Or “It’s not quite good enough so I need to make it better before I can show it to anyone.”

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I trust this process was helpful to you in discovering some hidden beliefs that may have impacted your dreams, goals, and aspirations.

If you have questions or would like more support or to share your feedback, please join me and other likeminded women in our Facebook group, [Woman To Woman Wisdom Community](#), a private space where we share stories, tips, and insight gained along our journeys of life. You can also find out more about me and my work at [MartaStanczyk.com](#) or email me at [Marta@womantowoman.ca](mailto:Marta@womantowoman.ca).

