

THRIVE & CO'S

LIMITING BELIEFS WORKSHEET





Hello and welcome! I'm so glad to connect with you, and I hope you find this guide to be a valuable companion on your wellness journey.

I've gathered and included insights and tools that I've found to be exceptionally beneficial, and have empowered me to make real, tangible progress on my personal healing journey in recent years.

My intention is that these "ah-ha" moments, forged through extensive research and some trial and error, will not only resonate with you but also serve as a guide, saving you time, money, effort, and frustration on your wellness journey.

Important note: *Knowledge is nothing without action*, so I encourage you to take action right away and start a new way of being, doing, thinking today! I'm cheering you on, every step of the way!

In wellness,
Jeanna Rice

WELCOME

LIMITING BELIEFS WORKSHEET

Overcoming Limiting Beliefs

Welcome to this empowering journey of self-discovery and transformation! The tools provided in this worksheet are rooted in evidence-based principles from cognitive-behavioral therapy and positive psychology.

By taking just 5-10 minutes to engage with this worksheet, you are embarking on a profound exploration that can have a lasting positive effect on your mindset. The act of putting your thoughts on paper, guided by proven psychological techniques, allows you to gain new perspectives and insights.

You have the opportunity to shift your thinking from negative to positive, unlocking your potential for growth and resilience. Embrace this moment of self-reflection with the understanding that small, intentional steps can lead to significant personal transformation. I'm so excited for you to embark on this journey and empower yourself to overcome limiting belief!

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Step 1: Identify the Negative Thought/Belief

Take Action: What are the specific negative thoughts or beliefs you want to address?

Why this step matters: Identifying the negative thought brings it into conscious awareness. Acknowledging and externalizing the thought is the first step toward understanding and challenging it.

Step 2: Curiosity and Compassion

Understanding that thoughts and emotions are simply messages from one part of yourself to your conscious self - they are simply messages! Try to gain understanding and insight from the message. What is this thought or belief trying to achieve?

What is the purpose or protection this belief may be trying to achieve?

What is this thought trying to teach me, what can I learn from it? Consider any insights or lessons this belief might hold.

Why this step matters: Approaching the belief with curiosity and compassion reduces judgment, creating a safe space for exploration. It helps uncover the underlying motivations and lessons within the belief.

Step 3: Identify the Underlying Root Need

What is the deeper rooted need this belief is trying to fulfill? Explore the deeper desires or needs behind the belief - is it acceptance, love, recognition?

Why it's important: Getting to the root need unveils the core emotional drivers behind the belief. It allows for targeted intervention and addresses the fundamental issues. By identifying the root need, you engage areas in the brain associated with emotional processing, creating an opportunity for emotional regulation and resilience.

Step 4: Evaluate the Validity

Examine whether there's any validity to the belief - Is there any truth behind the belief?

Assess whether the belief is helpful or hindering progress - Is it productive? What are the advantages of maintaining the belief? What are the disadvantages?

Why it's important: Assessing the belief's validity encourages critical thinking and discernment. It helps differentiate between constructive and destructive thoughts.

Step 5: Reframe the Belief

Positive Reframing – Rewrite the negative belief in a positive and with a growth-mindset perspective.

Why it's important: Reframing transforms a limiting belief into an empowering one, fostering a more optimistic and solution-oriented mindset. Positive reframing engages neuroplasticity, rewiring neural connections and forming new, positive thought patterns.

Step 6: Positive Growth Mindset Statement

Write down your positive statement – Create an empowering statement that reflects your newfound perspective.

Why it's important: Creating a positive statement solidifies the new belief, providing a concise and actionable affirmation for change. Writing and repeating positive statements strengthens neural pathways associated with the new belief, reinforcing a positive mindset.

Step 7: Repetition and Emotional Connection for Brain Rewiring

Commit to reading your positive statement daily. Hang it up where you will see it everyday and say the statement out loud. As you say the statement, try to feel the positive emotions associated with it, and express gratitude as you are moving towards a more automatic positive outlook.

Why it's important: Repetition enhances the retention and integration of the positive statement. Emotionally connecting reinforces the belief's significance. Repetition strengthens synaptic connections, while emotional engagement activates brain regions linked to memory consolidation and emotional regulation.

Step 8: Reflect on Progress

After a couple weeks of reading your positive statement daily, how has your mindset shifted over time? Reflect on any changes in your feelings and actions.

Why it's important: Regular reflection provides feedback on the effectiveness of the process, reinforcing positive changes and identifying areas for further growth.

Final Thoughts for Encouragement:

Remember to celebrate progress, even the smallest of steps! Setbacks are expected, it's part of life, but you may find that overall trajectory is more positive. Your positivity may even have a ripple effect in those around you. It's wonderful to know that working on yourself may inspire others to find more happiness too!

I truly hope that you found this worksheet to be helpful and even transformational for you! I know first-hand how powerful questions like these can be. Congratulations on taking steps to improve your mental and emotional health!



STAY CONNECTED



I'd love to support you on your wellness journey. If you feel stuck in life, I'd love to meet and see how I can help. Also, be sure to stay in the loop and follow along for uplifting and encouraging content!



Thank you!

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