

HEAL YOUR BELIEFS



Your Conscious AF Guide to
Healing Your self limiting
beliefs.

We all live conditioned lives and awareness is the path to freedom. The more we unconditionally love and understand ourselves the more authentically we can shine our light in the world.



What are Self Limiting Beliefs?

Self-limiting beliefs are deeply ingrained beliefs about ourselves, our abilities, our potential, and the world around us. These beliefs are often unconscious but keep us stuck and afraid to grow or take risks. They often stem from past experiences, societal norms, or negative self-talk, and they manifest as persistent doubts, fears, or assumptions. This guide will help you uncover these limiting narratives and how they undermine our confidence, hinder our aspirations, and shape our life choices.

Inner Child

Explore a time when you felt unseen or unheard as a child. How does this experience impact your current beliefs about your worthiness and value?

How did the adults in your life react to you expressing your individuality? How did this impact your self expression?

What did you do for fun as a child? Which of these things do you no longer do and why?

What is one word that describes your childhood? Now elaborate on why you chose that word?

Ancestral Wounds

Consider the stories or behaviors passed down through your family. How do these narratives shape your beliefs about success, relationships, and self-worth?

What is a trait you inherited from each of your parents or parental figures? (One for each parent)

What was my family's messages or beliefs around money and wealth when I was growing up? (e.g., 'Money doesn't grow on trees,' 'Rich people are evil, have to work hard' etc.) How do these beliefs influence your own attitudes and behaviors around money today?

Self Limiting Beliefs

Reflect on a goal or dream that feels out of reach. What self-limiting beliefs might be holding you back from pursuing or achieving this dream?

What is a personality trait I see in others that I wish I had? "Why do you believe this trait is unattainable or inaccessible to you?"

What parts of yourself do you try to hide and why? What would happen if you expressed this part of you to others?

Reflecting on our Limiting Beliefs

Let's explore the impact of your self-limiting beliefs. By reflecting on how these beliefs have influenced your thoughts, emotions, and actions, you'll gain deeper insight into the ways they may have held you back from reaching your full potential.

What self limiting beliefs or patterns did you identify?

How have these beliefs held you back or influenced your thoughts, feelings and actions ?

In what ways have these beliefs or patterns held you back or prevented you from reaching your full potential?

Challenging Our Limiting Beliefs

Explore different perspectives on this belief. How might reframing the situation reveal hidden opportunities or positives? Encourage yourself to see beyond the limitations and embrace a more empowering outlook.

Recall times when you achieved goals or overcame challenges, providing evidence that contradicts the belief. For instance, if the belief is 'I'm not capable of success,' reflect on past accomplishments that demonstrate your ability to succeed

Reflect on how this belief restricts your potential. Who could you become if you let it go, what would your life look like?

You Did it!

I know many of these questions could have been difficult or uncomfortable but you made it through, take a moment to celebrate that. Healing is a lifelong commitment to deepening your connection with your soul... I love that for you.

& I am so DAMN Proud of YOU!

With So Much Love,

A handwritten signature in a cursive script that reads "Doll". To the left of the signature is a simple, stylized heart symbol drawn with a single continuous line.

Modern Spiritualist|Conscious Mentor