

Roadblocks – Limiting Beliefs		
<p>Write down limiting beliefs you uncovered, by reflecting on recent adversity and examining it. Additionally, refer to the examples provided and referring to your Identity analysis, if needed.</p>	<p>Limiting Beliefs:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	
<p>Describe emotions triggered by your discovery. Stay true to yourself, you have the right to feel angry or ashamed. It is OK.</p>		
Empowering Beliefs		
<p>List your Empowering Beliefs. Reflect on your successes and positive experiences. Remember that your Empowering Beliefs must be aligned with your Higher Purpose and Core Values. Leverage VIA assessment – Signature Strengths Benefits, if needed.</p>	<p>Your Empowering Beliefs:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	
<p>Describe emotions related to your Empowering Beliefs.</p>		
ACTIONS		
What	Who	Due date
<ol style="list-style-type: none"> 1. Let Go of one negative emotion related to your limiting belief. 2. 3. 		