

Roadblocks – Limiting Beliefs		
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.	Limiting Beliefs: 1.  2.  3.  4.	
Describe emotions triggered by your discovery. Stay true to yourself, you have the right to feel angry or ashamed. It is OK.		
Empowering Beliefs		
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.	Your Empowering Beliefs: 1.  2.  3.  4.	
Describe emotions related to your Empowering Beliefs.		
ACTIONS		
What	Who	Due date
1. Let Go of one negative emotion related to your limiting belief.		
2.		
3.		