**What’s Limiting You - Homework**

We want to let go of and replace limiting beliefs.

Take a piece of paper and fold it in half like this. During the week, I want you to carry this paper around with you.

On the left, you’re going to write down any negative thoughts that come to mind.

On the right, you’re going to immediately write down the opposite of that thought, something positive.

Do this for seven days. Whenever one of the negative thoughts come to mind, repeat the positive thought out loud to yourself 3 times.

At the end of the seven days, rip the paper in half, and tear up the negative thoughts into small bits. Throw them away.

From now on, we’re keeping the positive thoughts and internalizing them. Keep the positive thoughts somewhere you can see them frequently – on your fridge or by your desk or maybe by your bed.

You can even re-write them as often as you need to, if that will help you remind yourself of them.

Good luck!