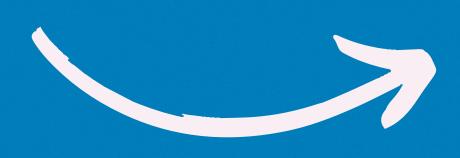


# The Power of Limiting Beliefs

Limiting beliefs are quiet stories about who you are and what you deserve. They were often formed in childhood to keep you safe.







## The Power of Limiting Beliefs

They shape your responses, reinforcing habits beneath conscious thought.







## The Power of Limiting Beliefs

Even when you know what to do, your brain still clings to what feels familiar. This can keep you stuck in patterns that no longer serve you.







## The Power of Limiting Beliefs

Instead of thinking:

"I can't change because this is just who I am..."







# The Power of Limiting Beliefs

Try asking yourself:

"What if this belief once helped me survive, but now I'm ready to let it go?"







# The Power of Limiting Beliefs

Awareness is the first step.

You deserve to rewrite these stories with care and kindness.







# The Power of Limiting Beliefs

- \*\* Want more tools like this?
  Check out the rest of the resources
  under "Feeling Stuck."
- Want to work with me?

We can explore your habits, patterns, and limiting beliefs together, noticing where you feel stuck in your life.

All the details → Work With Me

Keep noticing. Every step counts. Keep choosing yourself



