



HOW TO REFRAME YOUR LIMITING BELIEFS - NICK EXAMPLE

What do you want? (Be specific)

I want to love what I do for work and have more freedom

Why don't you have it? (Limiting beliefs)

1 Making money is hard

2 I have to work hard to be successful

3 I'm not good enough

"I Am" Statements:

1 I AM...a money magnet and it flows through me easily and effortlessly!

2 I AM...a smart entrepreneur and success comes easy to me!

3 I AM...a confident leader and I AM good enough!

Reframed limiting belief 1:

Write your limiting belief, then BULLSHIT...I AM...

Making money is hard...BULLSHIT!...I AM a money magnet and it flows through me easily and effortlessly!

Reframed limiting belief 2:

Write your limiting belief, then BULLSHIT...I AM...

I have to work hard to be successful...BULLSHIT!...I AM a smart entrepreneur and success comes easy to me!

Reframed limiting belief 3:

Write your limiting belief, then BULLSHIT...I AM...

I'm not good enough...BULLSHIT...I AM a confident leader and I AM good enough!!



HOW TO REFRAME YOUR LIMITING BELIEFS - KRIS EXAMPLE

What do you want? (Be specific)

Freedom & money

Why don't you have them?

1 I'm not good enough

2 I'm a good enough leader and I let people down

3 It's hard to get money, it's not in abundance

"I Am" Statements:

1 I AM...good enough!!

2 I AM...a great leader and I raise them up!

3 I AM...a money magnet and money IS abundant!!

Reframed limiting belief 1:

Write your limiting belief, then BULLSHIT...I AM...

I'm not good enough...BULLSHIT...I AM...good enough!

Reframed limiting belief 2:

Write your limiting belief, then BULLSHIT...I AM...

I'm not a good enough leader and I let people down...BULLSHIT...I AM a great leader and I raise them up!

Reframed limiting belief 3:

Write your limiting belief, then BULLSHIT...I AM...

It's hard to get money, and money is not in abundance...BULLSHIT...I AM a money magnet and money IS abundant!!



Now it's your turn, fill out this form...

What do you want? (Be specific)

Why don't you have them?

1

2

3

"I Am" Statements:

1

2

3

Reframed limiting belief 1:

Write your limiting belief, then BULLSHIT...I AM...

Reframed limiting belief 2:

Write your limiting belief, then BULLSHIT...I AM...

Reframed limiting belief 3:

Write your limiting belief, then BULLSHIT...I AM...



Write your letter to yourself

- Write it as you from “you” in the future as if you have already achieved it
- Example, if your vision is for 6 months...then you write it as if it's 6 months and 1 day
- Make sure that the letter is vivid with imagery and that you also feel the emotion as you read it

A large, light blue, semi-transparent watermark of the 'Life on Fire' logo is centered in the background of the writing area. The logo consists of the word 'Life' in a cursive script, 'on' in a small sans-serif font, and 'Fire' in a cursive script.

A series of horizontal lines for writing, spanning the width of the page below the instructions.