

# Eliminating a Limiting Belief

Do you have a belief that's holding you back? Follow these simple steps to banish that belief and enjoy the results!

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Ask yourself if the belief is really true

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Determine the source of the belief

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Declare to yourself, "I don't believe this anymore, it's not true!"

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Imagine being free from the belief. How would your life change?

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Replace the limiting belief with one that counteracts it

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Find evidence that the new belief is valid

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Observe your new feelings, behavior and results

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