



Self-Growth Journey

Heart

Body

Life

Mind

Creating the Amazing Life That You Deserve

This worksheet is a part of the
Self-Growth Journey™ Program.

To read more about the program or to
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



Instructions

1. Fill out one or two beliefs that you have about:
 - Yourself (physically, emotionally, mentally)
 - Others
 - The world
2. Circle those which you believe represent limiting beliefs
3. Continue to explore your top limiting beliefs by describing:
 - How has it affected you
 - How you could reframe it
4. Do a quick reflection about what this process has revealed for you.

***Note:** If you have difficulty identifying which one of your beliefs is a limiting belief, you might consider discussing this with your trusted partner or circle of partners.*



Beliefs about MYSELF

Belief	Physically	Mentally	Emotionally
I AM ...	• • • •	• • • •	• • • •
MY FLAWS ARE...	• • • •	• • • •	• • • •
MY ADVANTAGES ARE...	• • • •	• • •	• • • •

Beliefs about OTHERS

Belief	Belief
IN GENERAL, PEOPLE ARE ...	• • • •
I'M SURROUNDED BY...	• • • •
EVERYONE WANTS TO...	• • • •



Beliefs about the WORLD

Belief	Belief
LIFE IS ...	<ul style="list-style-type: none">••••
THE FUTURE LOOKS ...	<ul style="list-style-type: none">••••
THE WORLD WILL ...	<ul style="list-style-type: none">••••



Top 10 Limiting Beliefs

Rank	Belief
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



Reframe Limiting Beliefs

Limiting Belief #1	
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How has this affected me?

How can I reframe this?	
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Limiting Belief #2	
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How has this affected me?

How can I reframe this?	
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Limiting Belief #3	
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How has this affected me?

How can I reframe this?	
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Reframe Limiting Beliefs

Limiting Belief #4	
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How has this affected me?

How can I reframe this?	
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Limiting Belief #5	
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How has this affected me?

How can I reframe this?	
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Limiting Belief #6	
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How has this affected me?

How can I reframe this?	
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Reframe Limiting Beliefs

Limiting Belief #7	
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How has this affected me?

How can I reframe this?	
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Limiting Belief #8	
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How has this affected me?

How can I reframe this?	
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Limiting Belief #9	
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How has this affected me?

How can I reframe this?	
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