

# Limiting Beliefs to Empowering Beliefs

1

**I can't.**



**I CAN'T YET.**

**I'm not ready.**



**THE BEST TIME TO START IS NOW.**

**Everything has to be perfect.**



**"DONE IS BETTER THAN PERFECT."  
MY BEST IS GOOD ENOUGH.**

# Limiting Beliefs to Empowering Beliefs

2

**I can't pursue my dreams because I might fail.**



**FAILURE IS AN INEVITABLE PART OF SUCCESS.**

**It's too late.**



**AS LONG AS I'M ALIVE, I CAN TRY;  
IT'S NEVER TOO LATE.**

**That's just how things are/the way the world works.**



**I AM IN CONTROL OF MY  
THOUGHTS AND ACTIONS.**

# Limiting Beliefs to Empowering Beliefs

3

**I'm not good enough.**



**I AM ENOUGH -  
ALWAYS HAVE BEEN, ALWAYS WILL BE.**

**I'm not motivated/I can't achieve my goals.**



**I SET ACHIEVABLE, INTRINSIC GOALS  
WITH A CLEAR "WHY".**

**There are a limited amount of resources that are  
hard to come by.**



**THERE IS AN ABUNDANCE OF  
SUCCESS/JOY/MONEY/TIME.**

# Limiting Beliefs to Empowering Beliefs

4

**Self-care is selfish.**



**I CAN'T POUR FROM AN EMPTY CUP.**

**I'm too busy.**



**I MAKE TIME FOR WHAT'S IMPORTANT TO ME.**

**"If time permits ..."**



**I AM THE STEWARD OF MY TIME AND I  
CHOOSE HOW TO SPEND IT.**

# Limiting Beliefs to Empowering Beliefs

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