# Limiting Beliefs to Empowering Beliefs

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#### 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.

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.

## 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.

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Self-care is selfish.



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

I'm too busy.



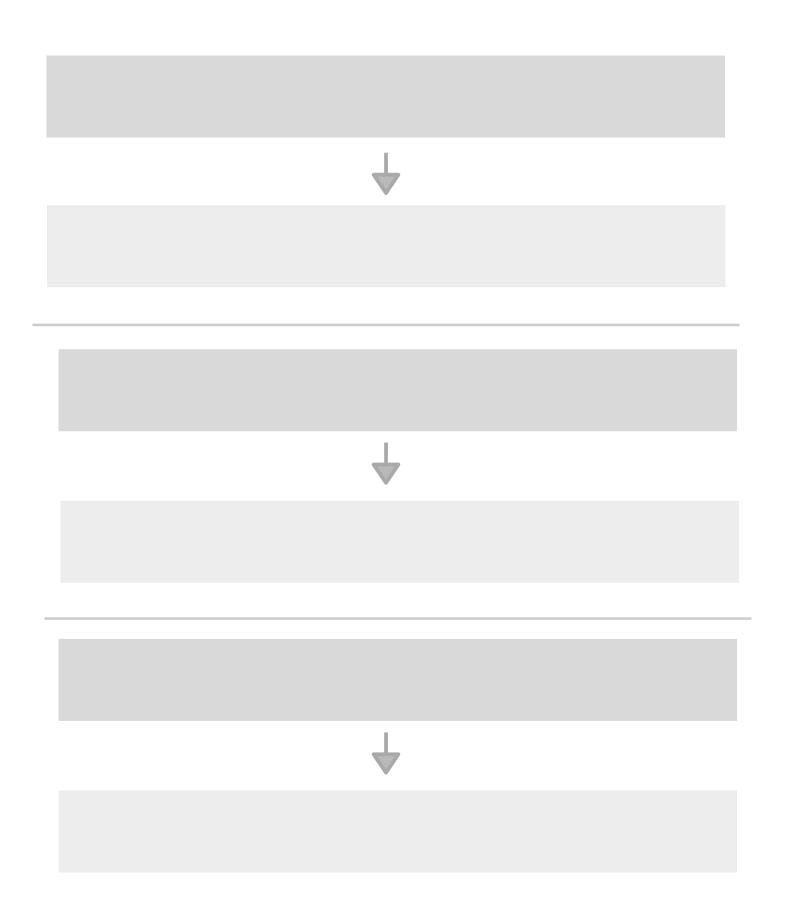
I MAKE TIME FOR WHAT'S IMPORTANT TO ME.

"If time permits ..."



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

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