**Identify and Transform Your Limiting Beliefs**

Exploring the right questions is a powerful way to unlock the workings of your mind. It is also a great way to identify your limiting beliefs, which lets you know what factors may be blocking your path to experiencing more fulfilment, joy and success. It’s important that you don’t overthink or ponder on the questions presented in section (a), but rather, take the initial answer or image that comes to your mind. You want to avoid answering the questions with your rational mind so that you truly identify the limiting beliefs that are hindering you from creating desirable experiences in your life. Your initial thought to the questions below often offer clues to what beliefs are holding you back.

1. Write down the first image or word that comes to mind as you explore the following questions;
* *How do I receive new people in to my life?*
* *What do I give to others?*
* *What nourishes my soul?*
* *How do I feel about life?*
* *What do I need to change in my life?*
* *How do I view my job and career?*
* *What aspect of life am I happy with?*
* *What aspect of my life makes me sad?*
* *What aspect of my life do I need to strengthen?*
* *What does my life mean to me?*
* *What are my natural gifts?*
* *Who am I if I am not the me that everyone knows?*
* *What is the main role that I play in life?*
* *What are my main weaknesses?*
* *What is the main trauma that I experienced in this life?*
* *What scares me?*
* *What do I fear the most?*
* *What do I convey the most to others?*
* *What makes me who I am?*
* *What nourishes my soul?*
* *What can I do differently today?*
* *What can I embrace more today?*
* *What life am I searching for?*
* *What gives me energy?*
* *What defines who I am?*
* *What motivates me?*
* *What in life relaxes me?*
* *What stresses me the most about life?*
* *What causes most of my stress in life?*
* *What do women represent to me?*
* *What do men represent to me?*
* *What does money represent to me?*
* *What does love represent to me?*
* *What gives me courage?*
* *What gives me confidence?*
* *What does family represent to me?*
* *What does friendships represent to me?*
* *What makes me cry?*
* *What makes me happy?*
* *What feeds my spirit?*
* *How do I view the people in my community?*
* *What inspires me the most?*
* *How does my body make me feel?*
* *What does my vagina represent?*
* *How do I feel about my breasts?*
* *If my vagina could speak, what would it say to me?*
* *What does food represent to me?*
* *What does sex represent to me?*
1. Once you have answered all the questions in section a, start to review your answers, and locate where you have written a perceived negative answer. A negative answer is one that is not serving your life in a positive manner. Allocate your negative answers to a category below;
* Love, Men, Relationships
* Family
* Friendship and Community
* Money and Abundance
* Body Image, Sexuality, Health and Food
* Job and Career
1. Direct your focus towards the categories where you store negative beliefs and thoughts, and begin to explore and reflect the following questions;
2. *What are my biggest fears in this category?*
3. *What traumas did I experience in my life that relates to this category?*
4. *What pearls of wisdom and teachings did I learn from the traumas?*
5. *Am I willing to forgive and release the past pain and hurt? Am I willing to forgive myself, including everyone who hurt me?*
6. *What new beliefs can I anchor in the place of the old beliefs?*

Anchoring new beliefs is an incredibly simple process that takes place when you identify your limiting beliefs first. You simply make new agreements with yourself to release the old beliefs that you identified earlier in section a and b, and you begin to create new supporting beliefs in their place. This is done through the act of atonement which takes place through the ritual of forgiveness of yourself and others. Forgiveness and depicting the learnings from an experience allows space for grace and compassion to be generated, and from this space, you have the opportunity to transform your beliefs and create more harmonious and supporting beliefs that bring about a transformation that is authentic and meaningful.