

Day 2: Identifying and Shifting Limiting Beliefs, and Negative Thoughts

Directions: In this first section, you will be **identifying the limiting beliefs** that support the negative or current thoughts you have.

You will then define the **Beliefs that you Desire to Have as your New Truth**. The last step will include the positive thoughts and that would flow from having these new Desired Beliefs and New Truths.

Step 1:

Take the original negative thought and spend some time examining what underlining belief you are having for you to have that thought.

State the supporting limiting belief that you believe would create a negative thought like this.

Reframe this limiting belief into the belief you Desire, or the New Truth that you desire to believe (even if you don't believe it yet, it's what you desire to believe). This new desired belief will also support new positive thoughts that you can write down.

Example:**Current Negative Thought:**

I am powerless to manifest what I desire, especially my soulmate.

Supporting Limiting Belief:

Using the Law of Attraction and the Law of Resonance won't work for me.

Desired Belief and My New Truth:

I have the power and ability to manifest anything I desire into my life!

Supporting Positive Thoughts:

I have the power to manifest my soulmate into my life! I have the ability to focus on what I desire to expand and to shift my beliefs to see what I desire.

Current Negative Thought (1):

Supporting Limiting Belief (1):

Desired Belief and My New Truth (1):

Supporting Positive Thoughts (1):

Current Negative Thought (2):

Supporting Limiting Belief (2):

Desired Belief and My New Truth (2):

Supporting Positive Thoughts (2):

Current Negative Thought (3):

Supporting Limiting Belief (3):

Desired Belief and My New Truth (3):

Supporting Positive Thoughts (3):

Step 2:

Take all the Desired Beliefs, your New Truths and Positive Thoughts and write them on 3 X 5 index cards or use the included card templates (printing on card stock will make them more durable). Make at least 2 sets of these cards for convenience). Read these cards several times a day: Hold the card while reading the statement out loud to use all 3 learning modalities: visual; auditory; kinesthetic

