

Scorecard on Limiting Beliefs

- What limiting beliefs have I held about my abilities in business, and how have they affected my decision-making?
- Am I aware of moments when I hesitate to take action because of fear or self-doubt? What triggers these feelings?
- How have my past failures influenced my current beliefs about success? Do I often dwell on these failures, or have I learned to see them as stepping stones?
- How do the beliefs of my family and friends shape my own views about business and success? Are there specific messages I've internalized from them?
- In what ways do I feel pressured by societal expectations regarding success? Do I sometimes sacrifice my own goals to fit these norms?
- How often do I find myself comparing my journey to that of others? What impact does this comparison have on my motivation and self-esteem?
- What positive affirmations can I create to counteract my limiting beliefs? How can I incorporate these affirmations into my daily routine?
- What risks have I avoided due to my limiting beliefs? How can I start to embrace risks as opportunities for growth instead?
- Are my current business goals influenced by my limiting beliefs? How can I adjust them to reflect my true potential?
- How would my life and business change if I let go of these limiting beliefs? What steps can I take today to start that transformation?