Limiting Beliefs CHEAT-SHEET

CREATING A WHOLEHEARTED BUSINESS

A M I R A C L E W O R K B O O K . C O M

BELIEF 01

I AM NOT PERFECT YET, THEREFORE, I CANNOT SHARE MY SKILLS, PRODUCTS & EXPERIENCES WITH OTHERS.

Perfection is just an imagined mental construct & an ever moving target that we will never achieve. Sharing our experiences and skills is natural - we are doing it all the time in every area of our lives & we do not have to wait for the permission to do so. By not sharing my products/services, I am preventing people from benefiting from them and I am robbing them of happiness, joy & gratefulness that they would experience as a result of me sharing my gifts.

BELIEF 02

I DO NOT HAVE ENOUGH TIME.

Time is relative. When I am coming from a place of inspiration & joy, I am able to take the right action and create valuable results in just a few moments, while enjoying the process. There is no given amount of time that I have to spend on building my business, unless I set this limit for myself. I can spend as many minutes or hours on creating my business as I choose to.

BELIEF 03

NOBODY WILL BE INTERESTED IN MY PRODUCT/SERVICE.

I trust that my desires are given to me by a power that created this world. Since I feel the desire to share my products/services, there certainly are people who will benefit from them. Nothing in the world we live in is random and as much as I want to connect with my clients, my clients want to connect with me.

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BELIEF 04

I DON'T KNOW HOW TO DO IT THE "RIGHT" WAY.

There are no rules to life other than those we create for ourselves. What is right for one person does not have to be right for somebody else. I get to choose what is right for me by following my own wisdom & by cultivating my intuition.

BELIEF 05

I DON'T KNOW, IF I AM CAPABLE OF CREATING A PROFITABLE BUSINESS.

By taking small steps, aligned action & moving gradually into the direction of goals that bring me joy, I am capable of creating anything I set my mind to. I will practice as I go and I will become wiser and more experienced along the way.

BFIIFF 06

THE COMPETITION IS TOO HIGH & MARKET TOO SATURATED

I am willing to let go of the concept of competition & instead choose to create cooperation. I am unique & my experiences, skills & personality are going to serve the right clients who are going to be a perfect match for me. There is enough to go around and the resources are ever increasing.