

CRUSH Limiting Beliefs Holding You Back

GOAL Hacking

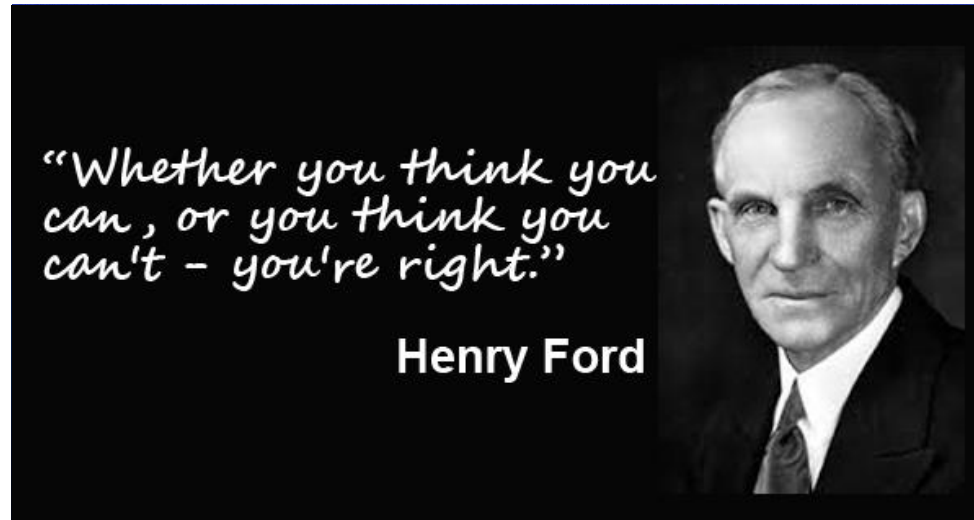


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Overcome Limiting Beliefs Holding You Back



"Whether you think you can, or you think you can't - you're right."

Henry Ford

- You Have Been Conditioned by Other People and Your Past Experiences.
- Conditioning Sabotages Your Chances of Success.
- Your Limiting Beliefs Have Power – but they can be changed!
- You MUST overcome those beliefs to be successful.
- Like Being Reborn - what was once impossible, now becomes possible.
- I Improved My Own Self-worth Back in 1991 - and it make me rich.

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You CAN Overcome Your Limiting Beliefs!



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EXERCISE – CRUSH Limiting Beliefs Holding You Back

Uncover:

Read this sentence aloud:

"I can't become / achieve _____ because....."

Quickly write out a single reason why it's not possible for you

Repeat above 2 steps until you have uncovered 10 limiting beliefs

Score each belief 1-10: stronger the feeling the higher the score

Select the 4 limiting beliefs with the highest scores

Overcome:

Slowly write out as many reasons as possible, that counteract each of these 4 limiting beliefs using this sentence:

"I **CAN** become / achieve _____ because....."

Select the single most empowering reason that counteracts each one of your 4 limiting beliefs

Convert each of these empowering reasons into separate affirmations and repeat them daily, while triggering your Goal Anchor

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